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How will life change once the COVID-19 emergency ends this Thursday?

By AMANDA SEITZ ASSOCIATED PRESS

WASHINGTON (AP)—The declaration of a COVID-19

public health emergency three years ago changed the lives of millions of Americans by offering increased health care coverage, beefed-up food

assistance and universal access to coronavirus vaccines and tests.

Much of that is now coming to an end, with President Joe Biden's administration saying it plans to end the emergency declarations on May 11.

Here's a look at what will stay and what will go once the emergency order is lifted:

COVID-19 tests, treatments and vaccines The at-home nasal swabs, CO-

VID-19 vaccines as well as their accompanying boosters, treatments and other products that scientists have developed

See COVID-19 on Page 4

'Rota housing/utilities up 11%, food 8%'



» Manglona: CPA fails to remedy repetitive violations of lease terms

By FERDIE DE LA TORRE

ased on the latest Department of Commerce numbers, last year's cost for housing/utilities on Rota increased by 11%, while medical and foods costs on the island rose by 11.3% and 8%, respectively, compared to the previous year, according to Sen. Paul A. Manglona (Ind-Rota).



who chairs the Senate Public Utilities, Transportation and Communications Committee, said the num-

The senator,

See ROTA on Page 4

IN ANAKS' BID TO BLOCK AK PLAN 'Zoning Board's decision remains reviewable'

By KIMBERLY B. ESMORES

has denied Atkins Kroll's request for reconsideration of its previous order setting The CNMI Supreme Court aside the Superior Court's

decision to dismiss the Anaks Ocean View Hill Homeowners Association's petition See ZONING on Page 4

Elderly now eligible for add'l COVID-19 bivalent booster dose

The Commonwealth Healthcare Corp., with guidance from the U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, and the Food and Drug Administration, supports the latest rec-

INVESTMENT SUMMIT

businesses from different parts of the globe.

» COVID-19 vaccine recommendations simplified

ommendations for COVID-19 boosters and scheduling.

The mRNA (Pfizer or Mod-

erna) bivalent COVID-19 vaccines can be used for all primary series and booster

See ELDERLY on Page 4

Days until 'touchback rule' takes effect on Sept. 30, 2023:

INSIDE



BUSINESS

Oleai Beach Bar & Grill will be offering a Mother's Day special for lunch and dinner on May 14.

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NATION

A gunman killed eight people and wounded seven others in a shooting at a Dallasarea mall.

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LIFE & STYLE

OFFICE OF THE GOVERNOR

A jury finds that Ed Sheeran didn't copy Marvin Gaye classic "Let's Get It On."

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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.



Gov. Arnold I. Palacios shakes hands with 2023 SelectUSA Investment Summit executive director Jasjit Singh at one of the open-

ing events for the summit in Washington, D.C. Palacios and House

Speaker Edmund Villagomez (Ind-Saipan) attended the summit last week to promote investment opportunities in the CNMI to foreign

Local

Concepcion: Destination enhancement is our priority

By KIMBERLY B. ESMORES

Christopher A. Concepcion, who returned to his role as Marianas Visitors Authority's managing director less than a week ago, says one of his priorities is tackling the long ongoing destination enhancement issues the CNMI has been facing for years.

The question of who exactly is in charge of maintaining and improving popular tourist



land has long plagued the CNMI and Concepcion aims to tackle this issue. "Destina-

Concepcion

tion enhancement is one of my key priorities. MVA and our partners, other government agencies, and partners in the private sector really need to focus on improving our islands like the tourist

sites, facilities that need upgrading, and [coming up with] new and improved attractions. That's key. These are all key factors in revitalizing our tourism industry," he said.

When asked about the ongoing jurisdiction debacle regarding who is in charge of renovating and enhancing the island's tourist sites, Concepcion said he and his team will be working closely with all other agencies and departments who may have jurisdiction over these

sites, and finally address the much-needed improvements.

"The question of jurisdiction has historically always been an issue. We know that the Constitution grants all rights to the Department of Public Lands. However, there have been certain sites that have been designated to other departments to manage, but none of them have ever been designated to the MVA to manage. But historically, MVA has spent a lot of its funding on improving tourist sites, paying for securi- excited about that, but we ty, and maintenance. So, we're going to have to work closely without other departments and agencies to settle this jurisdiction issue and maybe it could establish joint jurisdiction. But we will have to see," he said.

Another key initiative, Concepcion said, is ensuring that the Korea market maintains its positive momentum. "[The market] is growing and is much better than our previous projections. We're

need to maintain the current momentum," he said.

Just as important, Concepcion said, he and his team will also focus on efforts to revive the Japanese tourism market.

"That market, as everyone knows, has been the longest market in the CNMI and revitalizing it and making sure it is stable and continues to grow is very important for MVA," he said.

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3 overdue mariners in Kiribati are rescued

HONOLULU—Three overdue mariners have been 63 nautical miles west of Abaiang Island last Tuesday.

The U.S. Coast Guard, Rescue Coordination Center Fiji, and the merchant vessel Natinteraoi crews rescued the three overdue mariners, who had been missing for over 80 hours.

The Coast Guard deployed a Hercules HC-130 from Air Station Barbers Point traveling over 2,500 nautical miles to join the search. The HC-130 aircrew located the survivors within 40 minutes of arriving at the search area comprising over 5,600 square nautical milesapproximately the size of Connecticut—and vectored the vessel Natinteraoi to safely recover all three persons and their boat.

"This is a compelling story of surviving at sea," said Capt. Craig O'Brien, the chief of response for Coast Guard District 14. "It is an honor for the U.S. Coast Guard, who has been executing search and rescue in this region for over 50 years, to help bring these men home to their families."

At 3:05pm, Sunday, Joint Rescue Coordination Center Honolulu watchstanders received notification from Rescue Coordination Cen-

ter Fiji of an overdue 17foot wooden boat with three men on board that departed Nawerewere Village, Tarawa en route to the west of Abaiang Island to fish.

"The U.S. Coast Guard is world-renowned for our professionalism and this was a testament to the international Maritime Search and Rescue system," stated Adm. Michael Day, the SAR coordinator. "I'm thankful we were able to support the people of Kiribati in locating their loved ones."

The mariners were transported back to Betio, Tarawa. (PR)



DPW wants IPI casino building inspected for safety

By FERDIE DE LA TORRE

REPORTER

The Department of Public Works has underscored the need to inspect for safety the Imperial Pacific International (CNMI) LLC's casino/resort building in Garapan, which last May 1 for authorization for has been closed since the CO-VID1-9 pandemic happened. It remains closed up to now.

In this regard, DPW Secretary Ray N. Yumul asked Commonwealth Casino Commission commissioner Ralph Demapan

the Building Safety Code inspectors to enter the IPI building to conduct an inspection.

Yumul, who used to serve as IPI chief executive officer, said the inspection is necessary to assess the existing condition of



Yumul

and its welding connections. the electrical, mechanical, and standard components of the equipment.

He said the inspection is needed to also verify the integrity of the building

Yumul said DPW will also conduct a visual inspection of Tower Cranes No. 1 and 5

at the building. Yumul said the last inspection IPI conducted on the site was in May 2021, which found rusting components of tower structures and safe-

ty rails that will eventually weaken the structural integrity of the tower crane.

Yumul said the safety inspection is significant to identify the critical areas that may need immediate attention to prevent serious disasters from occurring and to protect life and property.

Babauta says she's working on a plan to resolve CHCC-CUC dispute over arrears

Sen. Celina R. Babauta (D-Saipan) has disclosed that she and the Palacios-Apatang administration are working on a plan that they are hoping will resolve the dispute between the Commonwealth Utilities Corp. and Commonwealth Healthcare Corp. over CHCC's \$53.6 million outstanding balance for un-

paid electric, water, and wastewater charges and late fees.

At the Senate joint meeting between the Health, Education, and Welfare Committee, and Public Utilities, Transportation, and Communications Committee last week, Babauta said she's working with a consultant who provides pro bono services to her office and that they working on a plan in conjunction with the administration in trying to resolve the CUC-CHCC dispute.

She said when CUC issued the disconnection notice to CHCC, they immediately went into a conference call with Gov. Arnold I. Palacios and some investment attorneys.

ing with bond investment attorneys, but that it does not necessarily mean they are going to float a bond.

"We can't, especially for our operations. The Constitution disallows that. But we're trying to work on a solution and hopefully it will satisfy both sides. I think it will," the senator said.

CUC's plan to disconnect power and water services to CHCC and Department of Public Works did not push through last Thursday. CUC announced Thursday night that it held off the scheduled disconnection following a breakthrough in negotiations. CUC said details will be forthcoming.

Babauta, who is currently in Hawaii for the Territorial Climate & Infrastructure Workshop, said she will be meeting with the bond investment representatives, who will be arriving on Saipan the week that she returns. (Ferdie de la Torre)





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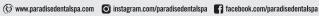


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Babauta said they are deal-



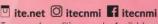






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COVID-19

From Page 1

over the last three years will still be authorized for emergency use by the Food and Drug Administration once the public health emergency is over.

But how much people pay for certain COVID-related products may change.

Insurers will no longer be required to cover the cost of free at-home CO-VID-19 tests.

Free vaccines, however, won't come to an end with the public health emergency.

"There's no one right now who cannot get a free vaccine or booster," said Cynthia Cox, vice president at Kaiser Family Foundation. "Right now all the vaccines that are being administered are still the ones purchased by the federal government."

But the Biden administration has said it is running out of money to buy up vaccines and Congress has not budged on the president's requests for more funding.

Many states expect they can make it through the spring and summer, but there are questions around what their vaccine supply will look like going into the fall—when respiratory illness typically start to spike, said Anne Zink, the president of the The Association of State and Territorial Health Officials.

'We're all anxious to find out more about that," Zink said.

Medicaid

Medicaid enrollment ballooned during the pandemic, in part because the federal government prohibited states from removing people from the program during the public health emergency once they had enrolled.

The program offers health care coverage to roughly 90 million children and adults—or 1 out of every 4 Americans.

Late last year, Congress told states they could start removing ineligible people in April. Millions of people are expected to lose their coverage, either because they now make too much money to qualify for Medicare or they've moved. Many are

ROTA

From Page 1

bers provided last March 28 by Commerce/Central Statistics Division show that inflation caused retail prices to increases for all CNMI residents between April 2021 and April 2022, but the same report, which includes the Rota Consumer Price Index tabulations, shows that the increase was more significant on Rota.

Manglona expressed concern over the exorbitant costs that Rota residents must pay in a letter last Wednesday to Commonwealth Ports Authority executive director Christopher S. Tenorio and CPA staff attorney Joseph M. Hallahan.

He said CPA's activities, decisions, and oversight over the years have contributed largely to the reality that Rota residents must pay exorbitant costs for essential basic commodities compared to other CNMI residents. Such commodities include construction materials, farming equipment,

expected to be eligible for low-cost insurance plans through the Affordable Care Act's private marketplace or their employer.

Student loans

Payments on federal student loans were halted in March 2020 under the Trump administration and have been on hold since. The Biden administration announced a plan to forgive up to \$10,000 in federal student loan debts for individuals with incomes of less than \$125,000 or households with incomes under \$250,000.

But that forgiveness plan—which more than 26 million people have applied for-is on pause, thrown into legal limbo while awaiting a ruling from the Supreme Court.

The Justice Department initially argued that the Secretary of Education has "sweeping authority" to waive rules relating to student financial aid during a national emergency, per the 2003 HEROES Act that was adopted during the wars in Afghanistan and Iraq.

A Biden administration official told The Associated Press Tuesday that ending the health emergencies will not change the legal argument for student loan debt cancellation, saying the COVID-19 pandemic affected millions of student borrowers who might have fallen behind on their loans during the emergency.

The pause on student loan payments is expected to end 60 days after the Supreme Court ruling.

Immigration at the border

Border officials will still be able to deny people the right to seek asylum, a rule that was introduced in March 2020 as COVID-19 began its spread.

Those restrictions remain in place at the U.S.-Mexico border, pending a Supreme Court review, regardless of the COVID-19 emergency's expiration. Republican lawmakers sued after the Biden administration moved to end the restrictions, known as Title 42, last year. The Supreme Court kept the restrictions in place in December until it can weigh the arguments.

The end of the emergency may bolster the legal argument that the Title 42 restrictions should no longer

personal household appliances, healthcare necessities, and everyday grocery needs.

Inflation aside, there remains a tremendous disparity between Rota and the rest of the CNMI when it comes to consumer prices and routine household costs, he said.

Manglona attributes this disparity to the exorbitant cost of shipping and offloading goods at the seaport/ terminal/facilities owned by CPA at Rota's West Harbor.

He said that, according to Rota importers, such costs include the \$7,000 or so that need to be paid to ship a 20foot cargo container approximately 56 miles from Guam's Apra Harbor to Rota's West Harbor, and have it offloaded by the Rota Terminal and Transfer Co. Inc.

Since 1986, CPA has granted RTT the exclusive authority to occupy West Harbor terminal/facilities to conduct stevedoring activities there. Manglona said that RTT has been permitted to operate for decades, under CPA oversight, with nonexisbe in place. The emergency restrictions fell under health regulations and have been criticized as a way to keep migrants from coming to the border, rather than to stop the spread of the virus.

Telehealth

COVID-19's arrival rapidly accelerated the use of telehealth, with many providers and hospital systems shifting their delivery of care to a smartphone or computer format.

The public health emergency declaration helped hasten that approach because it suspended some of the strict rules that had previously governed telehealth and allowed doctors to bill Medicare for care delivered virtually, encouraging hospital systems to invest more heavily in telehealth systems.

Congress has already agreed to extend many of those telehealth flexibilities for Medicare through the end of next year.

Food assistance

Relaxed rules during the COVID-19 public health emergency made it easier for individuals and families to receive a boost in benefits under the federal Supplemental Nutrition Assistance Program, or SNAP. Some state and congressional action has started to wind down some of that. Emergency allotments—typically about \$82 a month, according to the Food Research and Action Centerwill come to an end as soon as March in more than two dozen states.

Food help for unemployed adults, under the age of 50 and without children, will also change after the public health emergency is lifted in May. During the emergency declaration, a rule that required those individuals to work or participate in job training for 20 hours per week to remain eligible for SNAP benefits was suspended. That rule will be in place again starting in June. SNAP aid for more lowincome college students will also draw down in June.

State COVID emergencies

At least a half-dozen states-including California, Delaware, Illinois, New Mexico, Rhode Island and

tent and/or insufficient cargo/freight scales or accurately calibrated, certified weight-measuring devices.

Regardless of blame or fault, Manglona said this scenario has adversely and unfairly impacted Rota consumers over many years and even more so in recent years.

Manglona said it appears dubious whether CPA personnel have adequately monitored the contractual provisions imposed and binding upon RTT, or adequately assessed on a regular/annual basis whether RTT has been in full compliance with its lease terms.

Equally disconcerting, he said, has been CPA's apparent unwillingness or inability to conduct thorough and routine compliance inspections of RTT's records, activities, and facilities.

Manglona said CPA failed to initiate prompt measures to enforce and remedy RTT's wide-ranging and often repetitive violations of many of those lease terms.

Tenorio said yesterday that they are still reviewing the senator's letter. Texas—have some form of COVID emergency declaration or disaster order still in place. But those orders have limited practical effect.

New Mexico's public health emergency, which has been extended through Friday, advised health care facilities to abide by federal coronavirus requirements. Delaware has continued to operate under a "public health emergency," which has suspended staffing ratios in long-term care facilities.

California Gov. Gavin Newsom, a Democrat, has said his emergency order will end Feb. 28. Newsom has issued 596 specific orders, from stay-at-home mandates to tax-filing extensions, during the pandemic. Most have expired, but he plans to ask lawmakers make two into permanent laws—one letting nurses order and dispense COVID-19 medication and another allowing lab workers to solely process coronavirus tests.

Money for hospitals

Hospitals will take a big financial hit in May, when the emergency comes to an end. They'll no longer get an extra 20% for treating COVID-19 patients who are on Medicare.

The end to those payments comes at a time when many hospitals are under financial pressure, struggling with workforce shortages and dealing with the pain of inflation, said Stacey Hughes, the executive vice president at the American Hospitals Association.

Associated Press writers JoNel Aleccia in Los Angeles, Colleen Long and Seung Min Kim in Washington and David Lieb, in Jefferson City, Missouri, contributed to this report.

ZONING

From Page 1

against the Zoning permit issued to Atkins Kroll for a Toyota/Lexus dealership and vehicle repair facility in Puerto Rico.

The Supreme Court issued an order over the weekend denying Atkins Kroll's petition for rehearing and motion for reconsideration of the court's March 7, 2023 order. In the order, the court found that the Superior Court had jurisdiction to hear Anaks' petition.

The Supreme Court upheld the Superior Court's jurisdiction to review the permit issued by the Zoning Board.

According to the court order, on Jan. 4, 2022, Atkins Kroll applied for a permit with the Zoning Board to build its dealership and vehicle repair facility next to the Anaks condominium complex in Puerto Rico.

On March 18, 2022, the Zoning Board approved Atkins Kroll's application and issued the permit on April 13, 2022.

Anaks then filed a petition to challenge the permit in the Superior Court, but the Superior Court dismissed the petition, saying it was untimely filed.

On appeal, the CNMI Supreme Court held that Anaks' petition was timely filed and set aside the dismissal. The high court also ruled that the Superior Court had jurisdiction to review the permit issued by the Zoning Board to Atkins Kroll.

Following the local Supreme Court's decision, Anaks renewed its request for the trial court to review the Zoning Board's decision. But, according to Atkins Kroll, the Superior Court lacks jurisdiction over the homeowners' petition.

Atkins Kroll argued that the court erred by determining that the Zoning Board issued the conditional use permit to Atkins Kroll on April 13, 2022; overlooked or misapprehended Anaks' challenge to the Zoning Board's oral vote on March 18, 2022; did not consider the applicability of the Open Government Meetings and Records Act; infringed on the Legislature's power to set the appeal period; and should grant a rehearing to avoid manifest injustice.

Despite this argument, the Supreme Court denied Atkins Kroll's motion.

ELDERLY

From Page 1

doses in adults and children 6 months and up. The original monovalent CO-VID-19 mRNA COVID-19 vaccines will no longer be recommended for use in the United States.

Current vaccine data supports simplifying the use of the mRNA bivalent COVID-19 vaccines and helps in reducing the risk of severe disease, hospitalization, and death from the serious outcomes of COVID-19.

The recommended changes include:

- Everyone 6 months and older who has not received a bivalent vaccine dose should receive one as soon as possible, regardless of what vaccine was used for their primary series.
- Those who already received a bivalent vaccine booster dose do not need to take any action, unless they are 65 years or older or immunocompromised.
- bivalent vaccine booster doses and

should consult their healthcare provider to determine the best timing for additional doses.

■ Adults 65 years and older can now receive a second bivalent vaccine booster dose at least four months after their initial bivalent booster dose.

Individuals can get vaccinated for COVID-19 at their provider clinic. These vaccines are available at the CHCC Immunization Clinic, Outpatient clinics (Children's Clinic, Women's Clinic, and Family Care Clinic), Tinian Health Center, Rota Health Center, outreach events, or partner clinics (Marianas Medical Center, Medical Associates of the Pacific, Kagman Community Health Center).

Vaccination remains the best way to protect yourself and the community. Staying up to date on the CO-VID-19 vaccine also helps reduce the spread of the virus and prevents new variants from emerging.

Contact the CHCC Immunization Program at 670-236-8745 for more information about the COVID-19 vaccine and its services. (CHCC)

■ People who are immunocompromised may receive additional

Ian in sex abuse of a minor case is exonerated

By KIMBERLY B. ESMORES

The Superior Court has granted the prosecution's motion to dismiss the charges against a man accused of sexual abuse of a minor in the first degree.

Superior Court Associate Judge Joseph Camacho granted last Friday the prosecution's request to dismiss the sexual assault charge against Tim Onopey with prejudice. Dismissal with prejudice means the case cannot be refiled.

Despite granting the dismissal, Camacho determined that the government's motion to dismiss without prejudice was made in bad faith because the government has admitted that it cannot prove its case at trial because the alleged victim and the defendant have stated that their sexual intercourse was consensual.

"The government has failed to disclose appropriate grounds for dismissal without prejudice. The government has not stated any

reasonable grounds for the dismissal without prejudice except to continue with its mantra of good faith while admitting that it cannot prove its case," said Camacho.

"The people of the CNMI would have no confidence in the independence of the judiciary if one branch can simply ask for dismissal without prejudice simply because it has prosecutorial power. Judicial integrity would be preserved both for the accused and the community if the government can prove its case against those charged and if it cannot do so, absent any material and compelling reasons, then dismissal with prejudice is appropriate. This case is not about sanctioning the prosecution—it is about affirming the rule of due process and a person's constitutional rights," the judge added.

According to Saipan Tribune archives, Onopey's co-defendant in the case, Frankie Rettanlug, was previously sentenced to eight years in prison after he pleaded guilty to sexual assault in the first degree.

Onopey, 25, and Rettanlug 28, were accused of raping a 17-year-old girl. They were charged separately.

According to the prosecution, on May 29, 2022, police officers responded to two reported sexual assault incidents at the Guma Sakman in Susupe, and arrested Rettanlug and Onopey.

The girl told law enforcement

investigators that she had consensual sex with Onopey, but not with Rettanlug. Onopey also stated that the sexual intercourse with the girl was consensual.



MARIANAS TOURISM MONTH

Lt. Gov. David M. Apatang pose with the CNMI's tourism industry stakeholders in front of the Office of the Governor last May 3, 2023, after proclaiming the month of May as Marianas Tourism Month. Joining Apatang were Marianas Visitors Authority acting chair Gloria Cavanagh, MVA managing director Christopher A. Concepcion, MVA board members, MVA management and staff, local dignitaries, and members of the Saipan Southern High School MyWAVE Club.

Corporation notified of land lease termination for failure to pay \$219.2K fees, other violations

By FERDIE DE LA TORRE ferdie_delatorre@saipantribune.com

The Department of Public Lands has issued a formal notice informing a corporation that its land lease agreement with DPL is terminated for violations of the lease and failure to pay various fees in the total amount of \$219,291.

DPL Secretary Teresita A. Santos notified Man Bao Corp. president/treasurer Pingyin Cheung and president/secretary Beihua Yuan last April 6 that it has 30 days from receipt of the notice to remit to DPL the full amount.

According to Santos' notice, a copy of which was obtained by Saipan Tribune last week. Man Bao Corp. owes DPL \$158,064 in lease and interest fees for the period beginning Oct. 1, 2015 to April 1, 2023, and in encroachment fee in the amount of \$61,226 for the period beginning Nov. 30, 2019 to April 1, 2023, or for a total of \$219,291 owed.



Santos

secretary reminded Man Bao Corp. that the total amount due will continue to accrue interest of

1% per month, compounded monthly until the outstanding amount is paid in full.

Santos said if the corporation finds it difficult to pay the full amount in one lump sum, they must visit the DPL office and meet with DPL Financing and Accounting Division director Evelyn Sablan to discuss a workable payment plan. Failure to do so will result in DPL forwarding the matter to their legal counsel for further action, Santos said.

Man Bao Corp. entered into a land lease with DPL on Jan. 30, 2012.

Article 2 of the lease agreebe used for the purposes of establishment of businesses such as a tour agency, restaurant, an auto shop, and car rental.

Man Bao Corp. used to own Win Tour.

DPL inspected the leased property last Jan. 19 and found that the premises, including the business establishment, were in disrepair, blocked for access with fence and padlocks, and not open for business as of that date.

Santos also noted that a court order in a civil action dated Feb. 23, 2023, directed Man Bao Corp., which does business as Fantastic Garden, and Cheung Ping Yin, to peacefully vacate the premises and surrender possession of the premises to DPL without further court intervention. The court also noted that defendants have no right to liquidated damages or monetary award for any improvements on the premises.

Santos said that DPL also finds that Man Bao Corp. is in violation of several other provisions of its lease. She said ment requires the property to DPL found that the corporation failed to submit to DPL a copy of the lessee's Business Gross Revenue Tax Quarterly Return from January 2012 through

July 2018, and Sept. 2018 through March 2023. The corporation's only submission of its BGRT was in August 2018.

Man Bao Corp. allegedly failed to submit to DPL an appraisal report to determine the annual minimum annual rental for the second five-year period.

The corporation also allegedly failed to submit to DPL at the end of each calendar year of the lease its financial statements certified by an accountant.

Santos said the only time lessee submitted to DPL its financial statement was for year ending 2015.

DPL cited three more violations of lease provision.



COMMONWEALTH UTILITIES CORPORATION



INVITATION FOR BIDS CUC-IFB-23-021

SUPPLY AND DELIVERY OF LED STREET LIGHT LUMINAIRES AND MATERIALS FOR THE STREETLIGHT EFFICIENCY PROJECT, SAIPAN.

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids for the supply and delivery of Light Emitting Diode (LED) streetlight luminaires and materials to promote energy and cost saving measures on the power distribution system in Saipan, Commonwealth of the Northern Mariana Islands.

This project is funded from the United states Department of the Interior (USDOIA).

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one IFB package set.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked "CUC-IFB-23-021, Supply and Delivery of LED Streetlight Luminaires and Materials for the Streetlight Efficiency Project, Saipan" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on June 1, 2023 at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before submission deadline. Late submissions and conditional offers will not be

A Bid Guarantee of not less than fifteen (15%) of the total bid price shall accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety.

Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4. Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid or supply under the contract. The IFB does not commit CUC to award a contract, to pay any cost incurred in the preparation of the bid under this request, or to procure or contract for goods. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than 10:00 AM (ChST) on May 12, 2023 to Manny B. Sablan, CUC Purchasing Administrator, via email manny sablan@cucgov.org with a copy to Lee T. Lieto, CUC Power Division Manager via email lee.lieto@cucgov.org; Jonathan Camacho, CUC Power Division Junior Engineer via email ionathan.camacho@cucgov.org; and Marcela Tenorio. Administrative Technician Senior via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all bids and waive any non-material imperfection in the bid proposal if in its sole opinion to do so would be in the best interest of CUC. All bids shall become the property of CUC.

> Bettina G. Terlaje Acting Executive Director

MANNY B. SABLAN Purchasing Administrato

EARTHQUAKE BRIEFS

4.5-magnitude quake southwest of Merizo

At 12:39PM on May 7, 2023, a report of a 4.5-magnitude earthquake occurred 32 kilometers southwest of Merizo Village, Guam. Currently, there are no reports of injuries or damages and no tsunami warnings or advisories were

issued by the Pacific Tsunami Warning Center. For more information, contact the CNMI EOC State Warning Point at 237-8000. (PR)

4.6-magnitude quake west of Umatac

At 1:07pm on May 5, 2023, a report of a 4.6-magnitude

earthquake occurred 87 kilometers west of Umatac, Guam. Currently, there are no reports of injuries or damages and no tsunami warnings or advisories were issued by the Pacific Tsunami Warning Center. For more information, contact the CNMI EOC State Warning Point at 237-8000. (PR)

JRM preps EIS for missile defense system in Guam

ASAN, Guam—The Missile Defense Agency, with the U.S. Department of the Army, U.S. Department of the Navy, U.S. Department of the Air Force, and the Federal Aviation Administration as cooperating agencies, is preparing an Environmental Impact Statement to evaluate the potential environmental impacts and potential mitigation of deploying and operating an Enhanced Integrated Air and Missile Defense system to defend Guam against advanced missile threats (Proposed Action).

Within the context of homeland defense, Guam is a key strategic location for sustaining and maintaining U.S. influence, deterring adversaries, responding to crises, and maintaining a free and open Indo-Pacific. An attack on Guam would be considered a direct attack on the United States and would be met with an appropriate response. Current U.S. forces are capable of defending Guam against regional ballistic missile threats. However, regional missile threats to Guam continue to increase and advance technologically. The U.S. Indo-Pacific Command has identified a requirement for an Enhanced Integrated Air and Missile Defense capability on Guam as

soon as possible to address the rapid evolution of adversary missile threats.

Below is information about the Proposed Action, the upcoming open house public scoping meetings, and the process for submitting public comments. MDA welcomes the public's comments on the scope of the EIS, potential alternatives, identification of environmental concerns, issues that should be addressed in the EIS, and the project's potential to affect historic properties pursuant to Section 106 of the National Historic Preservation Act of 1966. The EIS process requires public involvement during the scoping period and when the Draft EIS is available for public review and comment.

Proposed action

The Proposed Action is to deploy and operate a comprehensive, persistent, 360-degree Enhanced Integrated Air and Missile Defense system to defend Guam against the rapidly evolving threats of missile attacks from regional adversaries. MDA and the Army need to strategically locate and integrate various system components, including a command and control center, radars, sensors, missile launchers, missile interceptors, and support facilities, at multiple sites around Guam. MDA is preparing an EIS to evaluate the potential environmental impacts of the Proposed Action, including potential impacts on airspace, natural and cultural resources, socioeconomics, public health and safety, transportation, utilities, and other resource areas.

Open house public scoping meetings

MDA will hold three public scoping meetings to inform the public about the Proposed Action and accept comments on the scope of the analysis. The meetings will be in an open-house format and will include poster stations staffed by project representatives who can provide information and answer questions about the Proposed Action and the upcoming environmental impact analysis. The public may arrive at any time between 4 and 7 p.m. as there will not be a presentation or formal oral comment session. The public scoping meetings will be held at the following locations:

- **June 14, 2023:** University of Guam Calvo Field House Gymnasium, 303 University, Dr. Mangilao, Guam
- **June 15, 2023:** Okkodo High School Gymnasium; 660

Biradan Anakko 3rd St., Dededo, Guam

■ June 16, 2023: Southern High School Gymnasium, #1 Jose, Perez Leon Guerrero Dr., Santa Rita, Guam

Submitting comments

The public is encouraged to submit comments during the scoping period from May 5, 2023, through June 27, 2023. Comments must be postmarked or received online by June 27, 2023, for consideration in the development of the Draft EIS. Comments may be submitted in the following ways:

- In person: Public scoping meeting
- Email: info@EIAMD-EIS.com
- Website: www.mda.mil/ system/eiamd.html
- Mail: ManTech International Corporation Attention: EIAMD EIS Project Support PMB 403

1270 N. Marine Corps Dr., Suite 101

Tamuning, Guam 96913-4331

National Historic Preservation Act Section 106

This public scoping effort will

also support additional consultation under Section 106 of the NHPA of 1966 and its implementing regulations at 36 Code of Federal Regulations Part 800.

MDA is committed to meaningful public involvement and will keep the public informed throughout the development of the EIS. Please help MDA inform the community about the intent to prepare an EIS by sharing this information.

Visit the project website at www.mda.mil/system/eiamd. html to learn more about the project. (PR)

Coast Guard conducts oil spill exercise in A. Samoa

PAGO PAGO, American Samoa—U.S. Coast Guard Sector Honolulu Incident Management Division, District 14 District Response Advisory Team, and Marine Safety Detachment American Samoa participated in a four-day oil spill response and exercise deployment training last week.

The first two days of the exercise, hosted by Pacific Energy and Clipper Oil in collaboration with Preparedness Services and Training, centered on hazardous waste and emergency response operations, qualified individual roles and responsibilities, and incident command systems.

Day three of the exercise marked the first deployment of oil spill equipment in American Samoa in over four years involving a total of 140 personnel and 17



The U.S. Coast Guard holds in a four-day oil spill response and exercise deployment training in American Samoa last week.

agencies. The procedure required the utilization of a decontamination corridor, a FastTank portable containment system, and an on-deck crane to deploy a skimmer. The crew of the fishing vessel Miss Lilly successfully deployed 400 feet of inflatable boom to simulate an oil spill collection strategy with a weir skimmer.

The final day of the exercise culminated in an unannounced oil spill exercise. PST presented exercise participants with a scenario involving a fishing vessel that was discharging diesel fuel into Pago Pago Harbor. Exercise participants established a unified command, set up an incident command post and ICS organization, completed proper notifications to partners, and identified environmental and culturally sensitive areas. The crews then deployed a boom with a

sponders and the public. "The American Samoa exercise demonstrated the importance of collaboration with partners to protect Pago Pago Harbor," said Chief Warrant Officer 3 Shannon McGregor, a Marine Science Technician at Coast Guard Sector Honolulu. "The exercise also supports the Coast Guard's efforts to increase its presence and partnerships in the Indo-Pacific."

skimming system, created a unified public message, and

ensured the safety of the re-

Members from U.S. Coast Guard Marine Safety Detachment American Samoa are responsible for ensuring that merchant vessels and marine facilities are in compliance with safety standards to make certain that the environment and wildlife in American Samoa are protected. (PR)

Francisco C. Ada/Saipan International Airport P.O. BOX 501055 • SAIPAN • MP 96950 • Phone: (670) 237-6500/01 • Fax: (670) 234-5962 E-mail Address: cpa.admin@pticom.com • Website: https://cnmiports.com

CNMI GOVERNMENT

COMMONWEALTH PORTS AUTHORITY(CPA)



NOTICE OF OPEN PUBLIC AUCTIONS -SURPLUS EQUIPMENT & MATERIALS

The Commonwealth Ports Authority (CPA) is inviting all individuals, firms, and recycling centers to open public auctions of CPA's surplus equipment and materials. The list of surplus equipment and materials is available beginning April 14, 2023, for pick-up at the CPA Office of the Executive Director, which is located at the Francisco C. Ada/Saipan International Airport, Arrival Building, 2nd floor, or via email upon

Item Inspection: All items will be available for inspection beginning April 17, 2023, to May 12, 2023, from 8:00 AM to 5:00 PM, business days only. Items located on Saipan may be inspected by contacting Mr. Santiago Camacho at the telephone number (670) 237-6500

Auction Locations, Dates, and Times: The auctions will take place at the following locations, dates, and times:

Saipan: CPA Hazmat Bunker, Francisco C. Ada/Saipan International Airport on May 17, 2023, beginning at 10:00 AM.

Terms and Conditions: All bidders submitting the highest itemized bid are required to pay a 20% down payment on acceptance of a bid. The balance shall be payable at CPA's Accounting Office located on the 2nd Floor of the Departure Building, Francisco C. Ada/Saipan International Airport, within five (5) business days from the date of the Public Auction. Failure to pay will result in the forfeiture of the down payment. Payment must be made in cash, cashier's check, credit card, or money order made payable to the

All items are sold "AS IS" and "WHERE IS" and without warranty, guarantee, or representation of any kind, expressed or implied, as to the merchantability or fitness for any purpose of the property offered for sale. Items offered for sale are used and may contain defects not

All sold properties must be removed from CPA property within five (5) calendar days from the date of payment, at the owner's expense. CPA will not be responsible for the said property after said specified time. The Buyer will make all arrangements and perform all work necessary, including packing, loading, and transportation of the property. No assistance will be provided. Upon removal of the property,

Any claim for a misdescription of the purchased item must be made prior to the removal of the property. If CPA confirms that the property does not conform to the description, CPA will keep the property and refund any money paid. The liability of the CPA shall not exceed the actual purchase price of the property

CPA reserves the right to reject any and all bids submitted for any reason set forth in this Public Auction Notice or as set forth in the CPA Procurement Rules and Regulations, including bid rejection or cancellation prior to and at the Public Auction.

CPA assumes no liability for any costs incurred by bidders in their preparation of the bids. Inquiries may be directed to the CPA Procurement Officer, Alex Tudela, via email at atudela@cnmiports.com.

FOR THE COMMONWEALTH PORTS AUTHORITY

CHRISTOPHER S. TENORIO **Executive Director**

COMMONWEALTH PORTS AUTHORITY



MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG. PHONE: (1-670) 237-6500/1 • FAX: (1-670) 234-5962 Website: www.cnmiports.com

AMENDED REQUEST FOR QUALIFICATION STATEMENTS FOR ARCHITECTURAL/ENGINEERING DESIGN SERVICES TINIAN INTERNATIONAL AIRPORT

BACKUP POWER SYSTEM UPGRADE PROJECT NO. CPA-TA-002-23

The Commonwealth Ports Authority (CPA) is a public corporation and autonomous agency of the Government of the Commonwealth of the Northern Mariana Islands (CNMI). In accordance with its Procurement Rules and Regulations, CPA is soliciting statements of professional qualifications from interested Consultants for Architectural and Engineering (A/E) Design Services for the upgrade of the airport's backup power system at the Tinian International Airport, ommonwealth of the Northern Marianas Islands, Project No. CPA-TA-002-23.

The project is being funded by CPA and is in accordance and compliance with CPA's Procurement Rules and Regulations, Section 40-50-202, Architect-Engineer Design and Construction

he Request for Qualification (RFQ) Package is available at CPA's Administration Office, 2nd floor of the arrival terminal at the Francisco C. Ada/Saipan International Airport. No fee is required for obtaining the proposal package. Electronic copies may be made available upon written request to Ms. Wendi Prater, CPA's Executive Assistant/Project Manager, at wprater@cnmiports.com or Ms. Sheri Llagas at receptionist@cnmiports.com.

Questions regarding this request for qualification statements must be submitted to Ms. Prater or hand delivered to the CPA Administration Office by no later than 5:00 p.m. CHST, Friday, April 28, 2023.

Interested Consultants are requested to submit one (1) original, four (4) copies and one (1) electronic version in .pdf of their statements of professional qualifications no later than 5:00 p.m. CHST, FRIDAY, MAY 12, 2023. Statements of qualification must be presented by a combination of both brochures and the use of current U.S. Government Standard Form 330. The statements of professional qualification will be evaluated based on the criteria provided in the

The CPA reserves the right to reject any or all statements of professional qualification for any reason, if in its sole opinion to do so would be in its best interest.

/s/ CHRISTOPHER S. TENORIO Executive Director

Date: April 24, 2023

Samuel F. McPhetres' legacy is honored at NMC

The legacy of late author, historian, and long-time Northern Marianas College instructor Samuel F. McPhetres was in the spotlight Thursday morning at the NMC Archives Building O, with an exhibition of his collection of work.

NMC presented plaque of appreciation to McPhetres' family in an event that showcased his co-authorship of two books: History of Palau, and a civics textbook titled Citizenship and Self-Government in the Commonwealth of the Northern Mariana Islands.

Acting governor David M. Apatang, NMC president Galvin Deleon Guerrero, Ed.D., members of the 23rd CNMI Legislature, NMC faculty, staff, and students joined in celebrating the life and accomplishments of McPhetres.

The event was emceed by CNMI Archivist Ray Muna who, along with the help of many others, compiled the work of McPhetres and presented the plaque to his family.

"Preserving the historical work of Mr. Samuel Frederick McPhetres is truly important and your commitment as an institution to higher learning brings comfort in assuring that his work will be safe in the hands and custody of the Northern Marianas Archives Office here in NMC. The historical records that Mr. McPhetres saved in his lifetime will remain his legacy to us," said



Northern Marianas College honored the late Samuel F. McPhetres with a collection showcasing his work at the NMC Archives Building O Thursday morning. From left to right, acting House speaker Joel C. Camacho (Ind-Saipan), Janice McPhetres, Jaiden Santos, Agnes McPhetres, Samuel McPhetres Jr., NMC president Galvin Deleon Guerrero, Ed.D., acting governor David M. Apatang, Ray Muña, and Sen. Speaker Corina Magofna (Ind-Saipan).

Apatang in his remarks.

Deleon Guerrero said that McPhetres not only chronicled CNMI history, but also that of Micronesia.

"In this collection, you're going to see not just article clippings and research that he did, but also his personal observations. ... That's the legacy he leaves behind and we are honored to help honor that legacy with this collection."

He added that he made a promise to Sam Jr. that they will honor his father's legacy and that "when I think

of how we the living honor the legacy of the past, it's all about fulfilling promises that we make. ...I implore all of you that the way we honor the legacy of the past, the way we honor the legacy of our shared history is by fulfilling those promises to the people that have come before us so that we can pave the way for the people that come after us."

Samuel McPhetres Jr. thanked everyone who made the event possible and shared some stories of his father's life of travel before he finally settled on Saipan and made it his home. He was joined by his mother and the first president of NMC, Agnes

McPhetres, along with family members Janice McPhetres and Janice McPhetres in receiving his father's plaque of appreciation from NMC.

Agnes McPhetres said that she feels "very happy that it happened because I know that he has most of the records not just for the CNMI but also for all Micronesia when we were moving from the Trust Territory Government to become autonomous. So [by] not keeping them together, we will have lost a huge history in our place."

With the McPhetres collection, "our students or future students will be able to do research and know how we came about...," she added.

Muña, who has been the CNMI Archivist for the past 13 months, said, "It's important to have these records because it's about preserving the past and the future. The future generations need to know about what happened in the past. ... The digital era back then wasn't as advanced as it is right now, so all we have are paper records. So, it's really important to preserve it, and it also aligns well with Historic Preservation Month— 'people saving places.' This is a clear example of Sam McPhetres' records saving the CNMI, documenting everythingpolitical status, immigration here in the CNMI, Micronesia, and in the Pacific."

MangoSole is Latest ProaPerks partner

All card-carrying members of the Northern Marianas College ProaPerks program can now receive a 10% discount on any purchase at Mango-Sole, which is the latest company to sign on as a NMC ProaPerks partner.

MangoSole sells shoes, of the ProaPerks program bags, and accessories, and is located at the Town House Shopping Center in Chalan Kanoa.

Companies and other interested organizations who would like to become part

and take advantage of the buying power of thousands of individuals that include NMC alumni, students, and employees, can find more information by emailing proaperks@marianas.edu. (PR)

COMMONWEALTH PORTS AUTHORITY



MAIN OFFICE: SAPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 50 1055 - SAIPAN- MP-96950
PHONE: (1-570) 23-756007 (1-57): (1-670) 234-5962
E-Mail Address: CPA Admin@Pitcom.com - Website: https://www.cnmports.com

REQUEST FOR PROPOSAL

Benjamin Taisacan Manglona International Airport "Retail Concession" CPA-RFP-005-23

for: CPA Concession No. RCA-2022-01

The Commonwealth Ports Authority ("CPA" or "Authority") is soliciting proposals for the award of one (1) concession granting the privilege to provide retail services to the traveling public at the Benjamin Taisacan Manglona International Airport ("Retail Concession"). The successful proposer will be expected to provide retail services in accordance with its concession and concession agreement at the Benjamin Taisacan Manglona International Airport for a period of Three (3) years upon entering into a concession agreement with the

The date of issuance of CPA-RFP-005-23 is April 20, 2023, and it can be obtained at the issuing office: CPA Administration Office, Saipan International Airport, P.O. Box 501055, Sainan MP 96950. Second floor of Arrival terminal at the Saipan International Airport or at the administration office at the Benjamin Taisacan Manglona International Airport.

Proposals must be addressed to Commonwealth Ports Authority, Attn: Retail Concessions Evaluation Committee, CPA Administration Office, Saipan International Airport, P.O. Box 501055, Saipan, MP 96950; and submitted to and received by the CPA Administration Office (second floor of arrival terminal at the Saipan International Airport) by or before 4:00 p.m. on May 23, 2023, at which time the proposal period shall expire. Proposals must be accompanied with a non-refundable administrative fee of \$50.00. Payment shall be made in cash, credit card, or cashier's check payable to the Commonwealth Ports Authority to defray the costs associated with handling and considering the proposal. Proposals are not required to include a prepaid minimum concession fee.

The Commonwealth Ports Authority reserves the right to cancel this RFP and to reject any and all proposals in accordance with its Concession Regulations (NMIAC Chapter 40-70).

CHRISTOPHER S. TENORIO Executive Director

COMMONWEALTH PORTS AUTHORITY



Main Office: SAIPAN INTERNATIONAL AIRPOR P.O. BOX 501055 • SAIPAN • MP 96950-1055 Phone: (670) 237-6500 Fax: (670) 234-5962 Idress: cpa.admin@pticom.com • Website: www.

JOB VACANCY ANNOUNCEMENT # 03-2023

Opening date: May 08, 2023

Location: SAIPAN Position(s): (1) ARFF Mechanic II

(1) CustodiaH

(1) Equipment Operator-I

(1) General Maintenance-I (1) Master Electrician (2) Ports Police Trained

Closing date: May 26, 2023

PL 6/1 to 6/12 (\$9.27/hr to \$15.85/hr) PL 1/1 to 1/12 (\$7.26/hr to \$12.42/hr) PL 4/1 to 4/12 (\$8.41/hr to \$14.38/hr) PL 3/1 to 3/12 (\$8.01/hr to \$13.70/hr) PL 19/1 to 19/12 (17.48/hr to \$29.90/hr)

SALARY

PL 5/1 (\$8.83/hr)

Position(s): (1) AOA Controller/Ground Maintenance-I

PL 5/1 to 5/12 (\$8.83/hr to \$15.10/hr) PL 1/1 to 1/12 (\$7.26/hr to \$12.42/hr)

Employment Application must be accompanied with a copy of all required diploma/certificates and/or official sealed transcripts, original copy of recent police record not more than six (6) months old, original copy of U.S. Department of Defense Form DD214 for retired members or veterans of our Armed Forces, and other documents as required for the position. Public Law 11-70 requires that all male applicants age 18 to 25 years old must submit documentation evidencing his registration with the Federal Selective Service System. All applications and required documents must be submitted to the CPA Administration Office, 2nd Floor Arrival Building, Francisco C. Ada/Saipan International Airport or CPA Administration Office, Tinian International Airport, or Benjamin Taisacan Manglona International Airport. Failure to provide any of the required documents will result in automatic disqualification. Certain vacancies may require written and/or physical test. Selected applicants will be subjected to pre-employment drug screening, 10-year Criminal History Record Check and 49 CFR Part 1542.209(d) Requirements CPA reserves the right to waive or implement other qualifications to meet its needs. The deadline for submission of applications and required documents to the CPA Administration Office (Saipan) or at the Tinian International Airport or Benjamin Taisacan Manglona International Airport is no later than 5:00 P.M. on Friday, May 26, 2023.

Detailed information on qualifications and position descriptions for the above positions may be picked up along with the application form from Monday-Friday, 8:00 A.M. to 5:00 P.M., except on holidays, at the CPA Administration Office (2nd Floor) of the Francisco C. Add/Saipan International Airport, Arrival Terminal or CPA Admin. Office at the Tinian International Airport or at the Benjamin Taisacan Manglona International Airport. For additional information, please contact the CPA Human Resources Office by email at lorna.robert@cnmiports.com and hrspecialist@cnmiports.com or by phone at (670)237-6500.

CPA is an Equal Opportunity Employer and CPA hires those who are legally entitled to employment in the CNMI.

CHRISTOPHER S. TENORIO

COMMONWEALTH PORTS AUTHORITY



MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.



REQUEST FOR PROPOSAL

RFP NO: CPA-RFP-011-23 SUBMISSION DATE: JUNE 07, 2023 TIME: 4:00 P.M. SAIPAN INTERNATIONAL AIRPORT INTERIOR PLANTS RENTAL, **SERVICE AND MAINTENANCE**

THE PROPOSAL PACKAGE MAY BE PICKED UP AT THE OFFICE OF THE EXECUTIVE DIRECTOR, COMMONWEALTH PORTS AUTHORITY (CPA), 2ND FLOOR, ARRIVAL BUILDING, SAIPAN INTERNATIONAL AIRPORT, SAIPAN, MP 96950, DURING WORKING WORKS BEGINNING MAY 08, 2023.

QUESTIONS REGARDING THIS PROJECT MUST BE IN WRITING AND ADDRESS TO THE DEPUTY EXECUTIVE DIRECTOR, COMMONWEALTH PORTS AUTHORITY EITHER BY FACSIMILE AT 234-5962 OR EMAIL: edmendiola@cnmiports.com NO LATER THAN 4:00 P.M., MAY 29. 2023.

THE PROVISIONS OF THE CPA PROCUREMENT REGULATIONS, NMIAC SECTION §40-50-1020 AND 1025 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CPA RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSALS AND TO WAIVE ANY IMPERFECTION IN A PROPOSAL IF IN THE BEST INTEREST OF THE CPA. ALL PROPOSALS SHALL BECOME THE PROPERTY OF THE CPA.

EDWARD B. MENDIOLA

Date:

8 MONDAY, MAY 8, 2023 SAIPAN TRIBUNE

Opinion



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Ap The Associated Press

Pacific Islands News Association

EDITORIAL

Supreme Court gets what it deserves as public approval plummets

new poll indicates the U.S. Supreme Court, once at the top of the nation's most respected national institutions, is plummeting in public approval, with neither Republicans nor Democrats satisfied with the nine justices or their legal opinions. Only slightly more than a third of Americans trust the court. Americans also strongly disagree with justices' lifetime tenure. Although the court shouldn't rule by public opinion, nor will public disapproval determine its future, the judiciary branch's behavior has justified the scrutiny it is receiving.

The abortion issue is one of the big factors affecting the court's current decline in public approval. Controversies surrounding Justice Clarence Thomas' repeated ethical breaches certainly don't help the court's image.

The precedent of earlier court rulings is supposed to provide the underpinnings to explain whatever new steps the Supreme Court takes in expanding or restricting constitutional rights. A major part of winning public acceptance of certain controversial rulings is the soundness of the legal argument surrounding it. In too many recent decisions, however, the court majority's logic has appeared to be based more on ideological and even religious conviction rather than the law.

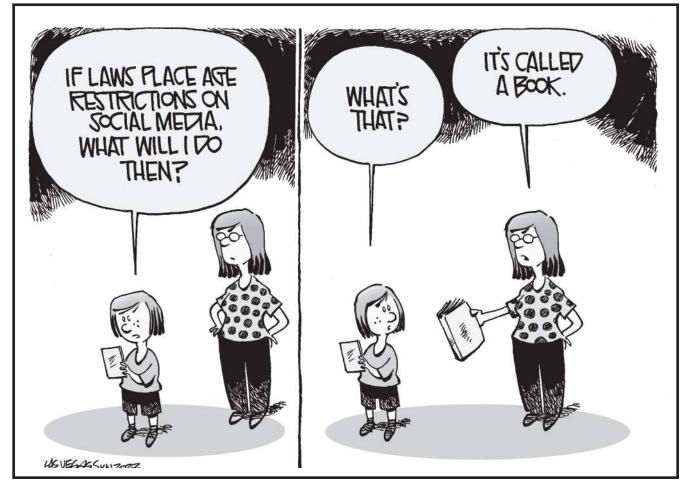
The more the court appears to veer in that direction, the less acceptance its decisions will have among the general public—and the higher the chances that individuals or governments will look for ways to skirt those rulings. So legitimacy matters, and the court's legitimacy is seriously in question. Earlier this month, Democratic Rep. Alexandria Ocasio-Cortez of New York suggested the Biden administration should ignore a Texas federal judge's ruling halting approval of the abortion-inducing drug mifepristone. She was followed by Republican Rep. Nancy Mace of South Carolina, who also said the ruling should be ignored.

Last week, the Supreme Court overruled the Texas judge and temporarily restored mifepristone's legal distribution. But Justice Samuel Alito, who wrote last year's ruling overturning Roe v. Wade, took issue with the 7-2 decision to maintain mifepristone's availability, justifying his opposition by saying "the Government has not dispelled legitimate doubts that it would even obey an unfavorable order in these cases." So Alito seems keenly aware that the court is in danger of having its decisions be disobeyed.

In an NPR/PBS NewsHour/Marist poll released Monday, 64% of respondents—including 55% of Republicans—opposed banning medication abortion. Only 37% overall expressed confidence in the court, with 61% of Republican men supporting it compared with only 44% of Republican women. Two-thirds of respondents favored limiting justices' tenure and not appointing them for life.

When any branch of government veers to the ideological extremes, that's a warning sign. If justices truly value the public's acceptance, they must work harder to enforce a rigorous ethics policy and find a balance in legal interpretation that better resonates with the population that must cope with the consequences of their rulings.

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Having a king like Charles is a good defense for democracy

s Britain's King Charles III is officially coronated, the "empire on which the sun never set" is looking a little shabby. In addition to the United Kingdom, 14 former British colonies still maintain Charles as their monarch and head of state, but many of his subjects around the world are reconsidering the arrangement.

Barbados became a republic in 2021, and Jamaica has initiated a similar process of constitutional reform. Others might soon follow. Why should countries from Belize to Tuvalu maintain as their nominal head of state an old white man living in a middling power far away from them?

Americans, of course, find it difficult to understand why anyone would accept hereditary rulers, or why a purely ceremonial office has any value. But constitutional monarchy is alive and well in some of the world's most developed countries. It should be jettisoned only after careful consideration of its significant benefits.

In constitutional monarchies, the head of government is either elected by the people or by their representatives in parliament. Heads of government in republics serve only for a limited term, whereas the monarch typically holds the job for life.

As defined, constitutional monarchy is not a rare phenomenon: There are currently 34, representing 18% of the roughly 193 independent countries. These are an extraordinarily successful set of countries by any standard, including most of Scandinavia, Japan, and Charles' domains of Australia, Canada, and New Zealand.

According to the Economist Intelligence Unit Democracy Index 2022, 10 of the world's top 20 democracies are constitutional monarchies, as are nine of the 20 richest countries. And eight of the 10 most enduring national constitutions provide for a monarch.

The surviving monarchies have done so mostly because, over a long period of time, they yielded power to legislative assemblies elected by the people. This process of political reform started with Magna Carta in England, and played out in the 19th century in most other countries.

When monarchs resisted encroachments on their power, they usually lost their thrones—and sometimes their heads. When they yielded, they became figureheads, but also signaled to conservatives that their interests were secure.

Monarchs also provide a form of political insurance, being able to step in during periods of national crisis. A famous example is King Juan Carlos I of Spain, who helped thwart a coup d'état launched in his name in 1981. He went on television and ordered the armed forces to return to their barracks, even as he was communicating individually with key generals, which helped prevent them from coordinating among themselves.

And monarchs can sometimes make subtle decisions that help

By TOM GINSBURG

Los Angeles Times

Tom Ginsburg is a professor of international law and professor of political science at the University of Chicago.



political parties overcome deadlocks. In other crises, the monarch can act as a focal point for national resistance to invaders. During World War II, Norway's King Haakon VII refused to recognize the government of the Nazi collaborator Vidkun Quisling, instead choosing to leave his country for the duration of the war.

In our era, the symbolic unity provided by monarchy can limit the most problematic forms of populism. Populist demagogues like Viktor Orbán in Hungary, Recep Tayyip Erdoğan in Turkey, and Jarosław Kaczyński in Poland typically claim an exclusive, almost mystical connection with the "people," whom they alone can protect from the elites, and demonize their opponents as "enemies of the people." Such claims, however, are ineffective under a constitutional monarchy. The job of embodying the people is already occupied, limiting how much symbolic power any other individual can accumulate.

So, while Erdoğan fashions himself as a new sultan, and Hugo Chávez, the late Venezuelan leader, liked to invoke president-for-life Simón Bolívar, it is difficult to see how a British, Danish, or Norwegian equivalent could credibly emerge. This is confirmed by data from the Global Populism Database showing that constitutional monarchies experience less populist rhetoric in political speeches.

To be sure, actually being a constitutional monarch is a job from hell. A constitutional monarch is in some sense a prisoner of society, playing only a ceremonial role, spending his or her days cutting ribbons and giving bland speeches, while having every move dissected for entertainment. No wonder some royals quit the family business: Along with Prince Harry, Princess Mako of Japan gave up her title in 2021, and Denmark's Prince Joachim is the latest to decamp to the United States.

As Jamaicans and others consider whether to leave the Crown behind, they would do well to consider why constitutional monarchy has remained so successful in the 21st century. King Charles might appear to be the vestige of an archaic system, and no doubt his realm will shrink in the coming years. But it will not disappear, and for his remaining subjects that may be a very good thing.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the

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USDOI supports solution for Compact impact

Editor's Note: The following is a statement issued by the Department of the Interior last Friday, May 5, 2023.

n 2003, Congress enacted the Compacts of Free Association Amendments Act, establishing a 20-year program to address the financial impact of Compact migrants on four affected jurisdictions: American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and Hawai'i. Under that program, Congress provided \$30 million per year in mandatory appropriations to offset additional costs attributable to Compact migrants.

Beginning in 2012, Congress appropriated additional discretionary funds ranging from \$3 million to \$6 million per year to augment the \$30 million in mandatory Compact Impact funds. According to statutory direction, the Department of the Interior distributed this funding among the four affected jurisdictions based on the ratio of Compact migrants living in the jurisdiction.

The legal authorization underlying mandatory and discretionary Compact Impact appropriations expires after 2023. Given the expiration of the underlying mandatory appropriation, the department has not requested a continuation of the small discretionary supplement to the mandatory funds for Compact Impact.

Since 2003, the distribution of Compact migrants has shifted.

As noted in the 2020 GAO Report: Compacts of Free Association – Populations in U.S. Areas Have Grown, with Varying Reported Effects, more than 94,000 Compact migrants from the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau are estimated to live and work in the United States and its territories. More than half of these populations now reside in the continental United States and an estimated 43% are U.S. citizens.

As the United States and the Freely Associated States enter into the next 20 years of free association and considering the current demographics, it is an appropriate time to evaluate and address the impact that Compact migrants have on both the four affected jurisdictions as well as other states and communities in the continental United States. In that regard, the Biden-Harris administration supports allowing Compact migrants to become eligible for key federal social safety net programs while residing in the United States, as a long-term solution to the financial impacts of Compact migrants on state and territorial governments.

Ultimately, any extension of Compact impact funding or extension of federal benefits to Compact migrants residing in the United States and its territories requires congressional action. The Department of the Interior will continue working with Congress on these matters, including the proposed Compact Impact Fairness Act.

Statement on the Kili Bikini Ejit Resettlement Trust Fund

Editor's Note: The following is a Department of the Interior statement issued last Saturday, May 6, 2023.

he Department of the Interior is committed to the U.S. government's longstanding partnerships with the governments of the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau (collectively, the freely associated states or FAS), including their respective local governments. The department respects the authority and responsibility of local governance and the exercise of democratic rights and responsibilities in all insular areas. The department has consistently sought to promote the wellbeing and equity for all insular area communities, which includes the FAS and the territories of American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands. Under the

leadership of the assistant secretary for Insular and International Affairs, the Office of Insular Affairs prioritizes any opportunity to enhance and improve the effective and efficient use of United States taxpayer funds.

In response to a request by the mayor and Council of the Kili-Bikini-Ejit Local Government in the Republic of the Marshall Islands, in 2017, department leadership accepted a proposed rescript related to the administration and management of the Bikini Resettlement Trust Fund, effectively entrusting KBE elected leaders to exercise management and decision-making authority over the Bikini Resettlement Trust Fund without annual approval of budgets, which had been the customary practice for more than three decades. The department has received the current balance of the Bikini Resettlement Trust Fund along with other financial documents. The department is currently reviewing what actions are necessary

In the Merry Month of May

LITERARY NOOK By JOEY CONNOLLY

Special to the Saipan Tribune

Joey aka Pepe Batbon Connolly is a retired educator who taught in the CNMI, NOLA, and LVNV. He is a sonnet practitioner who enjoys stargazing.



Happy virthday to two classical musicians from the Baroque era born in May. Both wrote operas, sacred and secular music. Alessandro Scarlatti (born May 2,1660 – died Oct. 22, 1725) wrote over 500 sonatas for harpsichord. Claudio Monteverdi (baptized on May 15, 1567 – died Nov. 29, 1643) is considered the father of operas in the Baroque style.

H.M.M.M.? Here is a fantasia in rustic mode with due respect for Handel, Mozart, and Marin Marais; Haydn, Monteverdi, Monk and Mingus. Each one a marvelous musical genius from the 17th to 20th century.

Baroque Boogie Breakdown - May 4, 2023

A pavane that keeps on keeping on - so sashay a galliard for folks in the front yard a go-go a viola da gamba plays a rhythmic rhumba. Mozart's Rondo Alla Turca for ritardando sweet baroque sounds for the young and old a free flowing fantasia for a fiddling frolic a baroque style boogie with beats bucolic fifths and thirds blues birds sounds in the night tenor saxophones and geese honk urban blight hear the windsong, lutes, recorders and flutes Django Reinhardt and Bud Powell in cahoots hear harps horns and high hats humoresque hum that's where this doggerel dance is coming from Take Five! Get down! Baroque Boogie Breakdown.

or appropriate given its surviving role with respect to the resettlement program and the trust fund documents.

After a family in Texas is killed, the language of gun violence fails us

n Sunday, police in Texas say, a 38-year-old man in a Houston suburb gunned down a neighboring family. He had been firing shots in his yard, and they asked him to move farther from their home because their baby was asleep. Gone are Sonia Argentina Guzman, Diana Velázquez Alvarado, Julisa Molina Rivera, José Jonathan Cásarez and Daniel Enrique Laso-Guzman, who turned 9 in January.

This pushes us to more than 180 mass shootings in the U.S. this year. There have also been about 6,000 gun homicides so far.

Gun violence has become such a normal part of American life that we have different terms to describe the various forms the way ancient Greece had multiple words for love or Eskimos for snow. Our shootings? We have: mass, police, drive-by, school, workplace and on and on.

To enter the vernacular, a term must describe something that is both widely known and frequently encountered. In 2023 America, the search is on for a word to describe "shot for ringing the wrong doorbell."

Author Rita Mae Brown has said: "Language is the road map of a culture. It tells you where its people come from and where they are going." So what does our morbid gun violence taxonomy say about where we are going?

Or with near-constant shootings, have we already arrived? Sadly after moments like Sunday's shooting in Texas, our language has gravitated more toward nonsense than nuance.

Elected officials speak of "senseless violence," as if the

senseless kind were the outlier. In fact it is "sensible violence" that has been proved to be the rarity. Gun advocates push the phrase "good guy with a gun," even though civilians end mass shootings fewer than 3% of the time.

Many will talk about "gun restriction," either for or against it, but what can that possibly mean in a land where guns outnumber people?

Leaders send out their "thoughts and prayers." Once a sign of compassion, now a phrase that shows the speaker is putting in no thought at all, just reflexively using religion as a cover for inaction.

A deflection like "now is not the time" pretends to honor victims but ultimately just makes more of them. Mass shootings are so common in our country that under this pretense of respect for the recently killed, it is usually "not the time" to talk about gun violence.

Hearing how we talk about mass shootings today, you would think this reality had been imposed on us like weather, not chosen repeatedly at the polls. But Americans have continued to elect candidates who bow to the National Rifle Assn. and enthusiastically misconstrue the 2nd Amendment.

Candidates like Texas Gov. Greg Abbott. The day after that shooting, he wasn't calling for tighter gun laws. He was calling the slain family "illegal immigrants." His attempt to change the subject failed. Because even though Americans have put his ilk in office too many times, we've also seen far too many innocent people die in a hail of bullets—and we're sick of the bloodshed.

By LZ GRANDERSON

Los Angeles Times

LZ Granderson is an Op-Ed columnist for the Los Angeles Times.



When San Jacinto County Sheriff Greg Capers spoke about the boy who was killed Sunday, he got emotional.

"I don't care if he was here legally. I don't care if he was here illegally. He was in my county," he said. "Five people died in my county, and that is where my heart is—in my county, protecting my people to the best of our ability."

Capers' words hark back to a time when the nation mourned the victims of mass shootings for an interval before turning them into political fodder. Back when such headlines were unusual. Shocking.

It feels as though even our extensive American vocabulary for gun violence can't keep up with 2023. Some are school. Some workplace. One in a dance studio in Monterey Park. Different circumstances and yet painfully familiar, hence our dark and twisted vocabulary.

Capers' words are a reminder that cold classification and callow deflection are not the only possible responses. The more that leaders and voters can hold to that kind of compassion, the greater the chance that recent bloodshed will bring a familiar word back into our national vocabulary for gun violence: "Enough!"

10 MONDAY, MAY 8, 2023 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN WEDNESDAY **THURSDAY** FRIDAY Scattered showers. Partly sunny Scattered showers Mostly sunny Partly sunny Partly sunny 78° 78° 78° YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:04 AM, SUNDAY, MAY 7, 2023

Western North Pacific between equator and 25N from 130E to 180.

Radar shows scattered trade showers across the CNMI with fewer showers around Guam. Gentle to moderate trade winds are blowing at the surface while satellite shows high clouds sweeping overhead from the southwest. Buoys and altimetry data indicate seas of 5 to 6 feet, composed of east to northeast trade swell and wind waves.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

AROUND THE GLOBE

Beijing

Hong Kong

MICRONESI	A	▲ ♥°F
Guam and Rota	Thunderstorms	86° / 78°
Palau	Partly Cloudy	87° / 77°
Yap	Mostly Sunny	86° / 80°
Chuuk	Partly Cloudy	87° / 79°
Pohnpei	Thunderstorms	85° / 77°
Kosrae	Thunderstorms	85° / 80°
Majuro	Scattered Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	5:50 AM	6:36 PM
Tuesday	5:50 AM	6:36 PM
Wednesday	5:50 AM	6:36 PM
Thursday	5:49 AM	6:37 PM
Friday	5:49 AM	6:37 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	7:36 AM	9:13 PM
Tuesday	-	8:34 AM	10:16 PM
Wednesday	-	9:37 AM	11:17 PM
Thursday	-	10:42 AM	-
Friday	12:12 AM	11:45 AM	-

Honolulu	Partly Cloudy	83° / 73°
London	Rain	59° / 55°
Los Angeles	Partly Cloudy	71° / 55°
Manila	Thunderstorms	96° / 80°
Melbourne	Showers	58° / 51°
Miami	Showers	88° / 81°
New York	Mostly Cloudy	75° / 59°
Osaka	Cloudy	63° / 52°
Paris	Mostly Cloudy	70° / 57°
Busan	Partly Cloudy	65° / 49°
Rome	Light Rain	68° / 58°
Salem	Showers	84° / 65°
San Francisco	Cloudy	60° / 51°
Seoul	Partly Cloudy	72° / 45°
Tokyo	Rain	65° / 50°
Washington, DC	Showers	79° / 61°
TIDES: SVID	AN HARBOR TOI	DAY FEET
3:26 AM	Low Tide	1.34
Q-11 AM	High Tide	1 06

Mostly Cloudy

Partly Cloudy

Showers

▲ ▼°F

68° / 64° 84° / 56°

77° / 72°

Today	-	7:36 AM	9:13 PM	TIDES:	SAIP	AN HARBOR TO	DAY FEET
uesday	-	8:34 AM	10:16 PM	3:26	ΔM	Low Tide	1.34
ednesday	-	9:37 AM	11:17 PM	8:11 /	AM	High Tide	1.96
hursday	-	10:42 AM	-	3:38	PM	Low Tide	-0.31
Friday	12:12 AM	11:45 AM	1	10:55	PM	High Tide	2.01

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FLIGHT SCHEDULE AS OF APRIL 30, 2023

	LIGH	1 2CH	EDULE A	19 UF A	APKIL	. 30, 2	023
	DEP	ARTURES	6		AR	RIVALS	
SAIPAN-	GUAM (G	ium)		GUAM (G	UM)-SAI	PAN	
UA117	9:50AM	10:35AM	Daily	UA174	8:00AM	8:45AM	Daily
SAIPAN-	NARITA	(NRT)		NARITA ((NRT)-SA	IPAN	
UA824	7:25AM	9:55AM	1, 3, 5	UA825	9:25PM	1:50AM+1	2, 4, 7
GUAM-M	ANILA (I	MNL)		MANILA	(MNL)-GI	UAM	
PR 111	5:55AM	7:55AM	Daily	UA184	10:25PM	4:15AM+1	1, 3, 4, 6, 7
UA193	6:55PM	10:55PM	2, 5 via Palau	UA189	10:25PM	6:10AM+1	2, 5 via Palau
UA183	7:15PM	9:10PM	Daily	PR110	10:30PM	4:25AM+1	Daily
				UA192	11:50PM	5:35AM+1	2, 5
SAIPAN-	MANILA	(MNL)		MANILA	(MNL)-SA	AIPAN	
0Z626/703	4:20AM	10:35PM	1, 4, 5, 7 via	UA184/174	10:25PM	8:45AM+1	1, 3, 4, 6,7
			ICN				via Guam
UA117/183	9:50AM	9:10PM	Daily via	UA192/174	10:25PM	8:45AM+1	2, 5 via Palau,
			Guam				Guam
UA117/193	9:50AM	10:55PM	2, 5 via	UA184/174	11:50PM	8:45AM+1	2, 5 via Guam
			Guam, Palau				
SAIPAN-	INCHEO	N (ICN)		INCHEON	I (ICN)-SA	AIPAN	
TW308	3:15AM	7:00AM	Daily	7C3406	9:30AM	3:10PM	Daily
0Z626	4:20AM	7:55AM	1, 4, 5, 7	TW307	8:30PM	2:15AM+1	Daily
7C3403	4:45AM	8:35AM	Daily	0Z625	9:25PM	2:55AM+1	3, 4, 6, 7
7C3405	4:10PM	7:45PM	Daily	7C3405	10:10PM	3:40AM+1	Daily

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN	TO ROTA			ROTA T	O SAIPAN		
FLIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily	3101	9:30	10:00	Daily
1302	11:00	11:30	Mon/Wed/Fri	3102	13:00	13:30	Tues/Thurs/
1302	12:00	12:30	Tues/Thurs/				Sat/Sun
			Sat/Sun	3102	14:00	14:30	Mon/Wed/Fri
1303	15:30	16:00	Daily	3103	16:30	17:00	Daily
ROTA TO	O GUAM			GUAM T	O ROTA		
LIGHT #	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri	4301	13:00	13:30	Mon/Wed/Fri
SAIPAN	TO TINIA	N		TINIAN	TO SAIPA	N	
FLIGHT#	DEPARTS	ARRIVES	FREQUENCY	FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily	2102	8:30	8:45	Daily
1203	9:00	9:15	Daily	2103	9:30	9:45	Daily
1204	10:00	10:15	Daily	2104	10:30	10:45	Daily
1208	14:00	14:15	Daily	2108	14:30	14:45	Daily
1209	15:00	15:15	Daily	2109	15:30	15:45	Daily
1210	16:00	16:15	Daily	2110	16:30	16:45	Daily
1211	17:00	17:15	Daily	2111	17:30	17:45	Daily

CNMI JROTC cadets win awards at national drill meet

Congratulations to Saipan Southern High School's Junior Reserve Officer Training Corps Drill Team for achieving yet another significant accomplishment by representing the CNMI at the Golden Bear West Coast National Drill Meet in Torrance, California.

For the first time in history, both Saipan Southern High School's Unarmed and Armed teams were able to fly out together to compete in the varsity division, representing the CNMI against 35 other high schools across the West Coast. This was a significant achievement for Saipan Southern High School as this was their first time to send both teams to the competition. The school has already sent several teams to the competition, but it was usually just one team.

In addition, Marianas High School's Unarmed Team also competed in the same competition, but in the novice division.

The schools representing the CNMI did exceptionally well, bringing home a total of 14 trophies, including the Army Traveling Trophy, which was also won last year by Saipan Southern High School's Unarmed team, alongside Marianas High School's Armed team.

"This year's success was a great achievement for the CNMI schools, and it demonstrated their competitive abilities in this prestigious national competition," said a news release from the JROTC program. "Saipan Southern High School's representation of CNMI in the nationals for the second consecutive time has been



The schools representing the CNM-Saipan Southern High School and Marianas High School-did exceptionally well, bringing home a total of 14 trophies, including the Army Traveling Trophy. CONTRIBUTED PHOTO



The teams show off their trophies upon arriving back on Saipan.

tors involved, who played a

a fantastic experience for significant role in achieving all the cadets and instruc- the team's incredible accomplishments this year."

Cadet Capt. Malentino, Saipan Southern High School's Unarmed tional competition has been

Amandus exhibition commander, said their participation in the na-

CONTRIBUTED PHOTO

an amazing experience.

"I'd like to thank my team for making it to every practice day we had and for giving their all. Thank you for committing yourselves to this team and making this far. I am so beyond proud of us all. This victory is ours. Cherish every moment you create because it all just happens so fast," he said.

The team's success came about after over eight months of intense training and countless practice sessions.

"I am immensely proud of our Unarmed and Armed teams for their outstanding performances at the Golden Bear National Championships. Their hard work, dedication, and teamwork paid off, and it's an honor to witness their achievements representing our school and the [CNMI] on a national stage," said SFC (Ret.) Deynarose Sunderland, SSHS Army instructor.

The SSHS JROTC news release thanks their supporters and parents: Board of Education member SGM Herman Atalig, Education Commissioner Dr. Alfred Ada, Associate Commissioner Eric Magofna, Senior Director of Student Service and Support Dr. Yvonne Pangelinan, and SSHS principal Vince Dela Cruz, among others.

"On behalf of the Saipan Southern High School JROTC Drill Team cadets, we'd like to thank our Senior Army instructor, CSM (Ret.) Richard Basa and our Army instructor, SFC (Ret.) Deynarose Sunderlan,d for their never ending support and for constantly pushing us cadets to strive for nothing but excellence," it added. (PR)



NEWLY ADOPTED BUS SHELTER

CONTRIBUTED PHOTO

Officers of the Northern Marianas Insurance Association pose with the newly repainted Bus Stop No.103 in San Vicente, which the association adopted as part of their community service projects. This project is done in coordination with the Public School System and in connection with the Saipan Beautification Project. This project was conceived last year and became a reality this year. NMIA is also involved in scholarship grants and calamity assistance projects, particularly during typhoons.



PORT CALL

Capt. Brent Spillner, center, commanding officer of the submarine tender USS Emory S. Land (AS 39), speaks to local media outlets after the tender arrived on Saipan for a scheduled port visit last May 2. Spillner is accompanied in this photo by Lt. Gov. David M. Apatang, left. Emory S. Land is tasked to provide expeditionary intermediate-level maintenance and repairs, services, and logistics support to deployed submarines.

12 MONDAY, MAY 8, 2023 SAIPAN TRIBUNE

Business

By MARK RABAGO

mark_rabago@saipantribune.com ASSOCIATE EDITOR

ne of the island's favorite sunset dinner haunts is bringing back an old favorite after a couple of years of absence due to the COVID-19 pandemic.

Owner Akiko Kamegai said just in time for Mother's Day they will be offering a special Mother's Day special for lunch and dinner on May 14 at Oleai Beach Bar & Grill.

The Mother's Day special are chicken parmesan and salmon quiche and scotch egg (with rice or french fries). The former can be had for only \$15, while the latter costs only \$19.

"Every year a lot of people come out to celebrate Mother's Day at Oleai Beach Bar & Grill. Back in the day we used to do a little special. Most of our regular customers, maybe 70-80% are locals, and we just want to give them something new for this Mother's Day," said Kamegai.

In a way, Oleai Beach Bar & Grill is bringing back the lunch and dinner specials for Mother's Day not only as a tribute to mothers who are essentially the light of every home, but also as a big thank you to all their loyal customers.

"They come repeatedly and our customers are heavy repeaters and it will be good to give them some other choices during this special day," she added.

Mother's Day specials back at Oleai Beach Bar & Grill



MARK RABAGO

Oleai Beach Bar & Grill is located right on the beach across Downtown Market in San Jose.

As for how Oleai Beach Bar & Grill survived the pandemic, Kamegai said they were challenging times, to say the least.

"In 2020, we had to shut down for about two months because of the government directive, but as soon as they loosened the restrictions and restaurants can now operate certain hours we started right back up."

Oleai Beach Bar & Grill reopened only with takeout then moved to 50% occupancy with limited hours, then eventually to full operations.

Kamegai said sales were really slow then, but they were

fortunate not to let go of their staff, but unfortunately had to cut employee hours.

"At least we were able to give them half of their regular hours even during the pandemic. During the pandemic a lot of restaurants had to shut down, but fortunately we had our loyal local customers and we didn't have to shut down," she said.

Kamegai said she's just happy that customers—both local and tourists—are returning to Oleai Beach Bar & Grill once again to enjoy not only their terrific sunset views and el fresco seating, but also their sumptuous food.

While their lunch and dinner bestsellers are their steaks and burgers, Oleai Beach Bar & Grill has also become popular for their happy hour appetizers like tacos and kelaguenbeef, chicken, and fish.

The original Oleai Beach Bar & Grill opened in 2001, then Kamegai and her husband took over in 2013 after it was essentially abandoned for two years.

"We didn't grow as much as we liked because of supertyphoons in 2015 and 2018 and COVID-19 in 2020. Sales went up naturally because the prices went up as well because of an upswing in tourists in 2017. We are really just trying to maintain and are just happy to survive," said Kamegai when asked what the past 10 years were like managing the iconic establishment beside the Saipan lagoon.

As for their plans for the next 10 years, she's optimistic that with the help of their loyal local customers, Oleai Beach Bar & Grill will thrive like never before.

"We're always always grateful for our local customers. We know them by their first names and they also know our waitresses by name. I'm always thankful to have them around and I may not know all their names but I'm familiar with their faces.

Sometimes they want to come for lunch, sometimes for dinner, and sometimes they start coming here during happy hour. Some even come with their kids and their kids play around on the beach and we always try to maintain the beach as clean as we can."

Oleai Beach Bar & Grill is also quite active in the community and has hosted parties for the paddleboard community and Run Saipan members. "We try to help them as much as we can."

Ultimately, Kamegai also hopes to increase sales as more and more tourists come back to the CNMI.

"Some Koreans are back but we're doubtful about the Chinese market. With Japanese tourists we still have to heavily rely on United Airlines' direct flights. Those are a must for more Japanese tourists to come. We really have to wait and see what happens with that."

Oleai Beach Bar & Grill can comfortably seat 40 inside with bar seating for another 10-15 customers. Patio seating is available for another 50 and even up to 100 for special occasions (with extra tables and seats).

Open everyday from 11am to 10pm, Oleai Beach Bar & Grill is located right on the beach across Downtown Market in San Jose.

For more information and for reservations, call (670) 234-0228, email say11122@ yahoo.co.jp, or contact them via their Facebook page.



MARK RABAGO

Oleai Beach Bar & Grill's Mother's Day lunch and dinner specials of chicken parmesan, left, and salmon quiche and scotch egg

United to triple SAF use in 2023

SAN FRANCISCO—United Airlines announced that it will begin using a blend of Sustainable Aviation Fuel (SAF) on departing flights from San Francisco International Airport and is planning to use a SAF blend later this year at London Heathrow Airport, which could put the airline on track to use approximately 10 million gallons in 2023, nearly three times more than 2022 and close to 10 times more than 2019.

"It's remarkable to see that in just a few years United has exponentially increased its SAF use," said United Chief Sustainability Officer Lauren Riley. "While 10 million gallons of SAF in 2023 represents a fraction of what we need, we have also made big investments in producers that are using everything from ethanol to algae, to CO2, to help increase our available future supply. We believe these investments, along with our continued collaboration with policymakers, cross-industry businesses, and other airlines will help us scale this brandnew industry to achieve comparable success to solar and wind."

To date, United has invested in the future production of over five billion

» Adds SAF on flights at San Francisco Airport

gallons of SAF—more than any airline—and as a result of tContributed he announcement, the carrier will fly more miles in 2023 than any airline.

United has used SAF blends at Los Angeles International Airport since 2016 and Schiphol Airport in Amsterdam since 2022 and continues to use SAF at those airports in 2023.

The SAF deliveries commenced at San Francisco Airport in April, with United receiving 1.5 million gallons of SAF for departing flights, the remainder of United's SAF supply will be used at Los Angeles International Airport and Amsterdam's Schiphol Airport. London Heathrow Airport is expected to begin receiving deliveries of SAF later in 2023. Once the SAF is delivered to London Heathrow, it will mark the first time United would participate in London Heathrow's SAF incentive program.

Eco-Skies Alliance Round 3

The SAF used on United's flights will be paid for in part through the

company's Eco-Skies Alliance, an innovative program designed for participating companies to work together to share the "green premium" or the cost associated with purchasing lower emission fuels. Participating in United's Eco-Skies Alliance provides its corporate customers with the opportunity to build transparency and enable true, certified SAF emissions reductions associated with travel of people or goods on United flights.

United's Eco-Skies Alliance program was launched in April 2021 and has collectively contributed toward the purchase of nearly 15 million gallons of SAF. With its up to 80% greenhouse gas (GHG) emissions reductions on a lifecycle basis compared to conventional jet fuel, this is enough SAF to reduce approximately 150,000 metric tons of GHG emissions, or enough to fly passengers close to 1 billion miles. Including the newly announced participants, the program has 24 participants including:

The new participants include:

- Audi
- Bank of America
- Cisco
- Corporate Travel Management
- DB Schenker

■ First Eagle Investments

■ Macquarie Group

■ Thermo Fisher Scientific

The SAF that United is using in San Francisco and Amsterdam is provided by Neste. Neste MY Sustainable Aviation Fue is produced from sustainably sourced, 100% renewable waste and residue raw materials, including used cooking oil and animal fat waste. Using Neste MY Sustainable Aviation Fuel reduces greenhouse gas emissions by up to 80%5 over the fuel's life cycle, compared to using conventional jet fuel.

In the future, SAF could be made from other feedstocks, including household trash, forest waste, algae or compressed CO2. To date, United has invested in the future production of over 5 billion gallons of SAF—more than any airline.

The federal government recognizes the value of SAF

The 2022 Inflation Reduction Act includes the largest governmental climate change investments in U.S. history—a new blender's tax credit specifically for SAF along with other critical incentives for clean energy and carbon capture – that will help spur an increase in SAF infrastructure and supply while lowering costs

for SAF consumers.

The U.S. military currently uses nearly five billion gallons of jet fuel annually and the Department of Defense will use a jet fuel blend containing at least 10% SAF by 2028 because of the 2023 National Defense Authorization Act.

And according to the U.S. Department of Energy, the country's vast feedstock resources are enough to meet the projected SAF demand of the entire U.S. aviation industry.

United's commitment to net zero emissions by 2050

United was the first airline to commit to net zero carbon emissions by 2050, without relying on traditional carbon offsets. In addition to the Eco-Skies Alliance Program, United also established a venture fund - United Airlines Ventures - to identify and invest in companies and technologies that can decarbonize air travel and from this, recently created the UAV Sustainable Flight FundSM. These strategic investments include carbon capture, hydrogen-electric engines, electric regional aircraft and air taxis. This year, United became the first U.S. airline to show customers an estimate of each flight's carbon footprint in their search. (PR)

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Nation

Police: 8 killed in Texas mall shooting, gunman also dead



People raise their hands as they leave a shopping center following reports of a shooting, Saturday, May 6, 2023, in Allen, Texas.

ALLEN, Texas (AP)—A gunman killed eight people and wounded seven others—three critically—in a shooting at a Dallas-area mall before being fatally shot by a police officer who happened to be nearby, authorities said Saturday.

Authorities did not immediately provide details about the victims, but witnesses reported seeing children among them. Some said they also saw what appeared to be a police officer and a mall security guard unconscious on the ground.

The shooting was the latest episode of gun violence to strike the country. It sent hundreds of shoppers fleeing in panic.

Dashcam video that circulated online showed a gunman step out of a vehicle outside the mall and immediately start shooting at people on the sidewalk. More than three dozen shots could be heard as the vehicle recording the video drove off.

Maxwell Gum, a 16-year-old shift leader at Wetzel's Pretzels, was on his lunch break when a family with limited English ran into the back of his store, urgently telling him, "Gun! Shoot!" as the sound of gunfire could be

heard in the background.

He brought the family into the long delivery corridor that runs behind the mall's stores, hoping it would be a safe place to hide. They found chaos.

"There were probably like 300 people pouring in from all the different doors," Gum said. "People are freaking out, we're hearing screaming."

Allen Fire Chief Jonathan Boyd said seven people including the shooter died at the scene. Nine victims were taken to area hospitals, but two of them died.

Three of the victims were in critical condition Saturday evening, Boyd said, and four were in stable condition.

An Allen Police officer was in the area on an unrelated call when he heard shots at 3:36 p.m., the police department wrote on Facebook.

"The officer engaged the suspect and neutralized the threat. He then called for emergency personnel," the agency wrote in the Facebook post.

Mass killings are happening with staggering frequency in the United States this year: an average of about one a week, according to an analysis of The AP/USA Today data.

The White House said President Biden had been briefed on the shooting and that the administration had offered support to local officials. Republican Texas Gov. Greg Abbott, who has signed laws easing firearms restrictions following past mass shootings, called it an "unspeakable tragedy."

Fontayne Payton, 35, was at H&M when he heard the sound of gunshots through the headphones he was wearing.

"It was so loud, it sounded like it was right outside," Payton said.

People in the store scattered before employees ushered the group into the fitting rooms and then a lockable back room, he said. When they were given the all-clear to leave, Payton saw the store had broken windows and a trail of blood to the door. Discarded sandals and bloodied clothes were laying nearby.

Once outside, Payton saw bodies.

"I pray it wasn't kids, but it looked like kids," he said. The bodies were covered in white towels, slumped over bags on the ground, he said.

Trump's video deposition in rape lawsuit made public

NEW YORK (AP)—A video recording of former President Donald Trump being questioned about the rape allegations against him was made public for the first time Friday, providing a glimpse of the Republican's emphatic, often colorful denials.

Jurors got to see the video of Trump's October 2022 deposition over the past few days at the trial over a lawsuit filed against him by advice columnist E. Jean Carroll. Written transcripts of Trump's testimony had also previously been made public, but not the recording itself.

The video was made avail-

able Friday to news organizations covering the proceedings.

The video shows Trump answering questions in his trademark navy suit and a bright blue tie. He called Carroll's claim that he raped her in a luxury Manhattan department store "a false, disgusting lie."

"It's a disgrace. Frankly it's a disgrace that something like this can be brought," Trump said.

Trump reiterated his assertion that Carroll is "not my type," but also mistook her for his second wife, Marla Maples, when shown a photo of him meeting Carroll and her then-husband at

an event in the 1980s.

Trump was also asked about the infamous "Access Hollywood" video in which Trump bragged about grabbing women's genitals. He said, as he has previously, that he was was engaging in "locker room talk." Trump justified his comments about famous people being able to have their way with women, saying: "Historically that's true with stars."

All planned testimony in the trial concluded Thursday, clearing the way for closing arguments by the lawyers to happen Monday barring a last-minute decision by Trump to testify.

World

Ukraine downs Russian missile with US Patriot

KYIV, Ukraine (AP)— Ukraine's air force claimed Saturday to have downed a Russian hypersonic missile over Kyiv using newly acquired American Patriot defense systems, the first known time the country has been able to intercept one of Moscow's most modern missiles.

Air Force commander Mykola Oleshchuk said in a Telegram post that the Kinzhaltype ballistic missile had been intercepted in an overnight attack on the Ukrainian capital earlier in the week. It was also the first time Ukraine is known to have used the Patriot defense systems.

"Yes, we shot down the 'unique' Kinzhal," Oleshchuk wrote. "It happened during the night-time attack on May 4 in the skies of the Kyiv region."

Oleshchuk said the Kh-47 missile was launched by a MiG-31K aircraft from Russian territory and was shot down with a Patriot missile.

The Kinzhal is one of the latest and most advanced Russian weapons. The Russian military says the air-launched ballistic missile has a range

of up to 2,000 kilometers (about 1,250 miles) and flies at 10 times the speed of sound, making it hard to intercept.

A combination of hypersonic speed and a heavy warhead allows the Kinzhal to destroy heavily fortified targets, like underground bunkers or mountain tunnels.

The Ukrainian military has previously admitted lacking assets to intercept the Kinzhals.

"They were saying that the Patriot is an outdated American weapon, and Russian weapons are the best in the world," Air Force spokesman Yurii Ihnat said on Ukraine's Channel 24 television. "Well, there is confirmation that it effectively works against even a superhypersonic missile." Ihnat said.

He said successfully intercepting the Kinzhal was "a slap in the face for Russia."

Ukraine took its first delivery of the Patriot missiles in late April. It has not specified how many of the systems it has or where they have been deployed, but they are known to have been provided by the United States, Germany and the Netherlands.

Germany and the U.S. have acknowledged each sending at least one battery and the Netherlands has said it has provided two launchers, although it is not clear how many are currently in operation.

Ukrainian troops have received the extensive training needed to be able to effectively locate a target with the systems, lock on with radar, and fire. Each battery requires up to 90 personnel to operate and maintain.

Defense Minister Oleksii Reznikov said he first asked for Patriot systems when visiting the U.S. in August 2021, months before Russia's fullscale invasion but seven years after Russia illegally annexed Ukraine's Crimea peninsula.

He has described possessing the system as "a dream" but said he was told in the U.S. at the time that it was impossible.

The Patriot was first deployed by the U.S. in the 1980s. The system costs approximately \$4 million per missile, and the launchers cost about \$10 million each, according to analysts.

S. Korean, Japanese leaders to meet again to improve ties

SEOUL, South Korea (AP)—The leaders of South Korea and Japan are to meet Sunday for their second summit in less than two months, as they push to bolster cooperation following years of fraught ties over historical issues.

Japanese Prime Minister Fumio Kishida is to arrive in South Korea on Sunday for a two-day visit, which reciprocates a mid-March trip to Tokyo by South Korean President Yoon Suk Yeol.

The exchange of visits between the leaders of the Asian neighbors, the first of its kind in 12 years, signals that both nations are serious about strengthening ties in the face of shared regional challenges such as North Korea's growing nuclear arsenal and China's increasing assertiveness.

"I hope to have an openhearted exchange of views with President Yoon based on our relationship of trust," Kishida told reporters before his departure to Seoul. "Since March, there have been various levels of communication in areas including finance and defense, and I plan to further develop this ongoing trend."

Yoon's spokesperson, Lee Do-woon, told reporters Thursday that Sunday's summit was expected to focus on security, economic and cultural cooperation. South Korean and Japanese officials said Yoon and Kishida will discuss North Korea's nuclear program and South Korean-Japanese economic security and overall relations.

In their summit in March, Yoon and Kishida agreed to resume leadership-level visits and other talks. In recent weeks, the two countries have also withdrawn the economic retaliatory steps they had earlier taken against each other in previous years when their history row rekindled.

Ties between Seoul and Tokyo have long suffered onagain, off-again setbacks over issues stemming from Japan's 1910-45 colonial rule of the Korean Peninsula.

The most recent sticking point in their ties was 2018 court rulings in South Korea that ordered two Japanese companies to financially compensate some of their aging former Korean employees for colonial-era forced labor. The verdicts angered Japan, which has argued that all compensation issues were already settled when the two countries normalized ties in 1965.

In an escalation of tensions,

the two countries later downgraded each other's trade status, while Seoul also threatened to spike a military intelligencesharing pact. Some activists and residents in South Korea staged campaigns to boycott Japanese products, as well.

The strained South Korea-Japan ties complicated U.S. efforts to build a stronger regional alliance to better cope with rising Chinese influence and North Korean nuclear threats.

In March, however, Yoon's conservative government took a major step toward mending the ties by announcing it would use local funds to compensate the forced labor victims without demanding contributions from Japanese companies. Later in March, Yoon traveled to Tokyo to meet with Kishida.

Yoon's push drew strong backlash from some of the forced labor victims and his liberal rivals at home, who have demanded direct compensation from the Japanese companies. Yoon has defended his decision, saying greater cooperation with Japan is required to tackle a set of challenges such as North Korea's advancing nuclear program, the intensifying U.S.-China strategic rivalry and global supply chain problems.

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Health & Wellness

By DENISE GRABOWSKI and STEVEN PERKINS

MAYO CLINIC NEWS NETWORK

When you're starting or recharging a running program, you may be tempted to focus only on leg strength. But there's another major group of muscles that's just as important to your overall strength, endurance and power—your core muscles.

These are the muscles around your pelvis, lower back, hips and stomach. They work together to provide stability and balance. To play sports and participate in most physical activities, a strong core is a necessity. A strong core also plays a role in posture and preventing injuries.

Building a strong core

What can you do to build and maintain strong core muscles? Here are some tips:

- When performing core exercises, use a mat or lie on the carpet.
- Take deep, slow breaths and exhale with the effort of the movement to activate your core muscles.
- Try yoga or Pilates. These activities require the use of your core muscles, build strength, and help with balance and flexibility.
- Implement a well-rounded fitness program that includes not only core exercises but also aerobic and plyometric exercises, and strength training.

Basic core-building exercises

Cigarette smoking rates sank

to their lowest U.S. level in

more than half a century,

according to the latest gov-

ernment figures, although

tobacco use remained high

as consumers pivot to alter-

Just 11.5% of Americans

regularly lit up cigarettes

last year, better than the

By ILENA PENG

native products.

BLOOMBERG NEWS

Ready to run: How to strengthen your core



These are some basic corebuilding exercises to work on. Repeat each of these corestrength exercises about five times, building up to 10-24 repetitions. View a slideshow and description of each of these exercises and more. If you have back problems, osteoporosis or other health concerns, talk to someone on your health care team before doing these exercises

Bridge

- Lie on your back with vour knees bent.
- Breathe out as you raise your hips off the floor.
- To check if you're doing this exercise correctly, make sure your hips are aligned with your knees and shoulders.
- Hold this position briefly, lower hips and repeat.

Bridge with stability ball

■ Lie on your back with your legs resting on top of the ball. Inhale deeply.

Cigarette smoking in the US drops to lowest level since 1965

■ Exhale to tighten your core, lifting your hips and buttocks off the floor into a bridge. Hold steady for three deep breaths. This works your core muscles and the muscles along your backside—the gluteal muscles and hamstrings—as they contract to hold you in place.

- Return to the starting position and repeat.
- For added challenge, raise your right leg off the ball. Repeat with your left leg.

Segment rotation

- Lie on your back with your knees bent and your back in a neutral position. Keeping your shoulders on the floor, let your knees fall slowly to the left. Go only as far as is comfortable. You should feel a stretch, but not pain. Hold for three deep breaths.
- Return to the start position. Repeat the exercise to the

Quadruped

■ Start on your hands and

knees. Place your hands directly below your shoulders, and align your head and neck with your back.

- Exhale to engage your core as you raise your right arm off the floor and reach ahead. Hold for three deep breaths. Lower your right arm and repeat with your left arm.
- Exhale to engage your core as you raise your right leg off the floor. Tighten your trunk muscles for balance. Hold for three deep breaths. Lower your right leg and repeat with your left leg.
- For an added challenge, raise your left arm and your right leg at the same time. Repeat with your right arm and left leg.

Bent over rows with free weights

■ With one foot on the ground, bend over and place the other knee on the edge of a chair. Let one arm hang straight down from your shoulder; hold a free weight in that hand. Use the other arm for support.

- Exhale as you lift the weight, bending your elbow and keeping the weight parallel to the floor.
- Keep your shoulder down and back, and away from your ear.

Not only does adding free weights build core strength, but it also gives other muscle groups a workout.

Weighted arm swings

- Stand in a lunge position with your right foot forward. Hold a weight in each hand.
- Keeping elbows bent,

swing the weights forward and back. This motion mimics pumping your arms when vou run.

■ Change your stance so your left foot is forward and repeat the arms swings.

Beyond core strength

Core strength is key to your running performance, but so is power. These exercises focus on the muscles that generate the power to climb hills and add bursts of speed:

Jump lunges

- Stand in a low lunge position with your right foot forward.
- Jump straight upward, switching your leg position and landing back in the lunge position.
- Repeat these lunges, alternating your leg position each time. Avoid holding your breath. Sideways tape jumps
- Place a strip of tape on the floor. Stand on one side of the tape.
- With both feet, jump sideways over the tape, landing with slightly bent knees and toes pointing forward.
- Repeat, returning to your starting position.
- Once you've mastered the two-footed jump, try it with one leg. You also can add hand weights.

CONSUMER HEALTH: STROKE

Know the signs and risk factors

By LAUREL KELLY

MAYO CLINIC NEWS NETWORK

May is National Stroke Awareness Month, which makes this a good time to learn more about the signs and risk factors for stroke.

Stroke is one of the leading causes of death in the U.S. and a major cause of serious disability for adults. More than 795,000 people in the U.S. have a stroke each year, according to the Centers for Disease Control and Prevention.

A stroke occurs when the blood supply to part of your brain is interrupted or reduced, preventing brain tissue from getting oxygen and nutrients. Brain cells begin to die in minutes.

A stroke is a medical emergency, and prompt treatment is crucial. Early action can reduce brain damage and other complications. If you or someone you know is experiencing a stroke, you should call 911 and seek emergency medical care right away.

Signs of stroke

To recognize the signs of

■ Face: Does the face person tries to smile?

- Arms: Is one arm lower when the person tries to raise both arms?
- Speech: Can the person repeat a simple sentence? Is speech slurred or hard to understand?
- Time: During a stroke, every minute counts. If you observe any of these signs, call 911 or your local emergency number immediately.

Risk factors

Many factors can increase the risk of stroke, including:

- Age: People 55 or older have a higher risk of stroke than younger people.
- Race or ethnicity: People who are African American and Hispanic have a higher risk of stroke than people of other races or ethnicities.
- Sex: Men have a higher risk of stroke than women. Women are usually older when they have strokes, and they're more likely to die of strokes than men, however.
- Hormones: Use of birth control pills or hormone therapies that include estrogen increases risk.

Potentially treatable stroke risk factors include lifestyle and medical factors.

Lifestyle risk tors include:

■ Physical inactivity

■ Being overweight or

- Heavy or binge drinking
- Use of illegal drugs, such as cocaine and methamphetamine

Medical risk factors include:

- High blood pressure
- Cigarette smoking or secondhand smoke exposure
- High cholesterol
- Diabetes
- Obstructive sleep apnea
- Cardiovascular disease, including heart failure, heart defects, heart infection or irregular heart rhythm
- Personal or family history of stroke, heart attack or transient ischemic attack
 - COVID-19 infection

Stroke rehabilitation

A stroke can cause temporary or permanent disabilities, depending on how long the brain lacks blood flow and which part was affected. Complications can include paralysis or loss of muscle movement, difficulty talking or swallowing, memory loss or thinking difficulties, emotional problems, pain, and changes in behavior and self-care ability.

Stroke rehabilitation is an important part of recovery after stroke. There are many approaches to stroke rehabilitation. Your rehabilitation plan will depend on the part of the body or type of ability affected by your stroke.

12% goal set by the U.S. government's Healthy People 2020 plan and the lowest level since 1965, according to a report from the Centers for Disease Control and Prevention. Still, about one in five adults reported using a tobacco product in 2021, nearly unchanged from the previous year, with e-cigarette use rising to 4.5%.

Companies including Marlboro maker Altria Group Inc. have contributed to the shift in tobacco consumption, expanding into smoke-free nicotine alternatives as cigarette use declines. The number of e-



Initiative analysis. The products have become popular among kids and young adults, in part because of a perception that e-cigarettes are less harmful than cigarettes. The use of creative flavors has also led to charges that the manufacturers deliberately court the youth market.

E-cigarettes are also used by those who are looking for a traditional cigarette substitute or are trying to quit, though no e-cigarette has been shown to safely help people quit. About a third of people who reported using multiple tobacco products smoked both cigarettes and ecigarettes, the study said.

While cigarettes' popularity has steadily declined since the 1960s, their use remains high in certain populations, including those with low incomes and living in rural areas, according to the study. Those disparities should be addressed through strategies like increasing product prices, running educational campaigns and regulating products, researchers said.

stroke, remember the acronym FAST:

droop on one side when the

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Life & Style

Jury finds Ed Sheeran didn't copy Marvin Gaye classic

NEW YORK (AP)—British singer Ed Sheeran didn't steal key components of Marvin Gaye's classic 1970s tune "Let's Get It On" to create his hit song "Thinking Out Loud," a jury said with a trial verdict Thursday, prompting Sheeran to joke later that he won't have to follow through on his threat to quit music.

The emotions of an epic copyright fight that stretched across most of the last decade spilled out as soon as the seven-person jury revealed its verdict after over two hours of deliberations.

Sheeran, 32, briefly dropped his face into his hands in relief before standing to hug his attorney, Ilene Farkas. As jurors left the courtroom in front of him, Sheeran smiled, nodded his head at several of them, and mouthed the words: "Thank you." Later, he posed for a hallway photograph with a juror who lingered behind.

He also approached plaintiff Kathryn Townsend Griffin, the daughter of Ed Townsend, who co-created the 1973 soul classic with Gaye and had testified. They spoke about 10 minutes, hugging and smiling and, at one point, clasping their hands together.

Sheeran later addressed reporters outside the courthouse, revisiting his claim made during the trial that he would consider quitting songwriting if he lost the case.

"I am obviously very happy with the outcome of this case, and it looks like I'm not going to have to retire from my day job, after all. But at the same time, I am unbelievably frustrated that baseless claims like this are allowed to go to court at all," the singer said, reading



Recording artist Ed Sheeran departs after speaking to the media outside New York Federal Court, Thursday, May 4, 2023, in New York.

from a prepared statement.

He also said he missed his grandmother's funeral in Ireland because of the trial, and that he "will never get that time back."

Inside the courthouse after the verdict, Griffin said she was relieved.

"I'm just glad it's over," she said of the trial. "We can be friends."

She said she was pleased Sheeran approached her.

"It showed me who he was," Griffin said.

She said her copyright lawsuit wasn't personal but she wanted to follow through on a promise to her father to protect his intellectual property.

A juror, Sophia Neis, told reporters afterward that there

was not immediate consensus when deliberations began.

"Everyone had opinions going in. Both sides had advocates, said Neis, 23. "There was a lot of back and forth."

The verdict capped a twoweek trial that featured a courtroom performance by Sheeran as the singer insisted, sometimes angrily, that the trial was a threat to all musicians who create their own music.

Sheeran sat with his legal team throughout the trial, defending himself against the lawsuit by Townsend's heirs, who had said "Thinking Out Loud" had so many similarities to "Let's Get It On" that it violated the song's copyright protection.

It was not the first court victory for a singer whose musical style draws from classic soul, pop and R&B, making him a target for copyright lawsuits. A year ago, Sheeran won a U.K. copyright battle over his 2017 hit "Shape of You" and then decried what he labeled a "culture" of baseless lawsuits that force settlements from artists eager to avoid a trial's expense.

Outside court, Sheeran said he doesn't want to be taken advantage of.

"I am just a guy with a guitar who loves writing music for people to enjoy," he said. "I am not and will never allow myself to be a piggy bank for anyone to shake."

At the trial's start, attorney Ben Crump told jurors on behalf of the Townsend heirs that Sheeran himself sometimes performed the two songs together. The jury saw video of a concert in Switzerland in which Sheeran can be heard segueing on stage between "Let's Get It On" and "Thinking Out Loud." Crump said it was "smoking gun" proof Sheeran stole from the famous tune.

In her closing argument on Wednesday, Farkas said Crump's "smoking gun was shooting blanks."

She said the only common elements between the two songs were "basic to the tool

kit of all songwriters" and "the scaffolding on which all songwriting is built."

"They did not copy it. Not consciously. Not unconsciously. Not at all," Farkas said.

When Sheeran testified over two days for the defense, he repeatedly picked up a guitar resting behind him on the witness stand to demonstrate how he seamlessly creates "mashups" of two or three songs during concerts to "spice it up a bit" for his sizeable crowds.

The English pop star's cheerful attitude on display under questioning from his attorney all but vanished under cross examination.

Taylor Swift returns to Nashville, reveals 'Speak Now' date

NASHVILLE, Tenn. (AP)— Taylor Swift is playing catchup with her fans this year in a massive and impressive stadium show that embraces her artistic reinventions.

Nearly two months into the 52-show Eras Tour, Swift returned Friday to the origins of her musical career in Nashville, Tennessee, a city she outgrew as a country starlet destined for pop stardom.

In front of 70,000 fans, Swift dropped the news that she would be releasing a rerecording of her Nashville-era 2010 record, "Speak Now," on July 7.

Swift started releasing new versions of her early albums in 2021, after a dispute over the ownership of the masters, which were sold to—and then by—music executive Scooter Braun. "Speak Now," Swift's third album, will also be the third "Taylor's Version" recording—she released the re-recordings of

2008's "Fearless" and 2012's "Red" in 2021.

"Speak Now" was an album she wrote entirely by herself and she performed one of the singles, "Sparks Fly" after her announcement, followed by "Teardrops on My Guitar," from her 2006 self-titled debut record.

The tour started chaotically with a breakdown of Ticketmaster's ability to withstand the demand of fans, who were eager to see Swift after an extended hiatus from touring due to the coronavirus pandemic. Those who were lucky enough to get into the first of three shows in Nashville made sure to show out in their cosplay outfits inspired by Taylor's songs, ranging from marching band geek to cardigans and cottagecore.

"I moved to Nashville nearly 20 years ago," she told the crowd. "And this dream I had since I was so little I can't even remember even first having it, this dream came true because of this town and the people in it."

She started off the nearly 3.5-hour show with a line from "Miss Americana & The Heartbreak Prince" as a gentle spring rain sprinkled on the crowd: "It's been a long time coming, but it's you and me, that's my whole world."

The Eras tour theme is a natural fit for an artist whose music is often so self-referential, winking and smiling at the previous Taylors and their moments. The show is broken up into acts, not moving chronologically through her discography, but instead presenting like a house with many rooms. The color schemes, choreographed dancers and outfits support the overall feeling of musical theater, with a stage that incorporates rising platforms and hidden trap doors she can disappear through.

In-laws' visits take toll on woman's body and soul

EAR ABBY: My in-laws live out of state, and they would stay with us when they visited. Once my son was born, I told my husband they would need to stay in a hotel because we no longer have the room. They are also the most disrespectful houseguests, and I have terrible insomnia.

My MIL speaks to me only when my husband is around, and my FIL complains about everything—our streaming services, saying I need to buy more towels and complaining that we don't have soda. I have tried explaining to my husband that they send my anxiety into the next dimension, but because none of this happens when he's around, he doesn't understand. I have had to ask my doctor to give me a small supply of medication for my nerves.

Since they have been staying at a hotel, they complain about the cost and the accommodations. I have offered to pay for a rental. Now she's telling my husband she will buy a sleep sofa for when they visit. I have tried telling my husband all the reasons why this is not a good idea, but it always ends up in an argument.

Am I being unreasonable, and should I just suck it up a few weeks a year, or should they respect the fact that having them as houseguests does not work for our family?

DEFEATED IN MASSACHUSETTS

DEAR DEFEATED: Your in-laws appear to be quite a handful. Your solution about them staying in a hotel or rental when they visit is sensible since they are unpleasant to be around when their son is absent. If, however, your husband won't back you up, consider spending as much time away from the house as you can during those visits. It will give Grandma and Grandpa more time to bond with the little one and save your sanity.

DEAR ABBY: My sister ghosted me after learning I was the beneficiary of my late brother's IRA. She was demanding that I share the inheritance with our mother and possibly with her. I refused. I accepted the money to use for Mom because she may need it in her declining years.

So now I have lost a brother AND a sister. Do I just wait for her to begin communicating when she's ready? At times, we need to talk about our 88-year-old mother. Am I guilty of all the things she accuses me of: being greedy, manipulative, a betrayer, a liar? I'm not sure how to mend our rift.

SANE SIS IN INDIANA

DEAR SIS: You did nothing wrong. Your sister has con-

DEAR ABBY

By Abigail Van Buren

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles,



vinced herself that you (and your late brother) have somehow "cheated" her and your mother out of something that was rightfully hers. Aside from splitting the money your brother left you with her, there's nothing you can do to mend that rift—and it's unlikely any amount of money could fix it now.

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in "What Every Teen Should Know." Send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby, Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

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By Glenn McCoy









CROSSWORD By Eugene Sheffer

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Last Friday's Answer 05/08

phen Amell, 42; Enrique Iglesias, 48; Melissa Gilbert, 59; David Keith, 69. Happy Birthday: A little charm and compassion

CELEBRITIES BORN ON THIS DAY: Ste-

will help you reach your goal. A disciplined mind and action will encourage others to support you every step of the way. Be thorough when dealing with legal, financial or medical issues. Don't believe everything you hear; research, and you will overcome any obstacle. Plan, strategize and show dedication and willpower; success will follow. Your numbers are 7, 18, 23, 28, 31, 35, 44.

ARIES (March 21-April 19): Deception is apparent. Curb your emotions and verify information before you proceed. The best way to take advantage of an opportunity is to recognize every facet of the possibilities. Be thorough and you won't be disappointed. Protect against illness or injury.

TAURUS (April 20-May 20): Take pride in your work; recognition will follow. Participate, and the rewards will surpass any sacrifice you make. Communication will enhance love. Use your imagination to bring about positive change. An adjustment to your living arrangements will save you money.

GEMINI (May 21-June 20): Think twice before you commit; the compliments vou receive will be to motivate you to do something you probably shouldn't. Focus on learning and finding opportunities that won't compromise your integrity. Go directly to the source if you want true information.

CANCER (June 21-July 22): Don't take chances; protect against illness and injury. Concentrate on what you need to learn to propel yourself in a direction that interests you. Check in with people who share your interests and can offer introductions. Romance will enhance a meaningful relationship. 🛇 😂 🔾

LEO (July 23-Aug. 22): An opportunity is only worthwhile if you can use it to

your advantage. Don't labor over something that points you in the wrong direction. The path that leads to completion is the one that will serve you best. An introduction looks promising.

VIRGO (Aug. 23-Sept. 22): You'll come highly recommended if you stick to the basics and help others. Share your vision with colleagues, and drive your ideas to the front of the line. Don't settle for anything less than perfection. Celebrate with someone you love.

LIBRA (Sept. 23-Oct. 22): Keep tabs on household expenses. A strict budget will help you avoid debt and help you save. Highlight what you expect to gain and map out a plan that will help you achieve your goal. Opportunity requires patience and a mini-

malist attitude. SCORPIO (Oct. 23-Nov. 21): Trust in what and who you know, and you'll find the path that leads to your happy place. Don't shy away from a partnership, commitment or investment in yourself or your surroundings. Love is in the

stars, and traveling and learning are favored. SAGITTARIUS (Nov. 22-Dec. 21): Don't believe everything you hear. Someone will be eager to mislead you. An emotional situ-

ation will leave you at a loss. Refrain from agreeing to something if you feel uncertain or uncomfortable. Trust your instincts, not what others tell you. ���

EUGENIA

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Nurture relationships and make your surroundings comfortable and inviting. How you appeal

WONDERWORD

KENAI PENINSULA, ALASKA

HOW TO PLAY: All the words listed beli-

to others will determine what you get in return. Be direct and keep situations simple and affordable, and you'll avoid mistakes and interference. A self-improvement project will heighten your appeal. ••• AQUARIUS (Jan. 20-Feb. 18): Now is not the time to pick a fight or let others interfere with your plans. A disciplined at-

titude will help you strive for a healthier lifestyle. Work toward your goal; put more energy and imagination into how you earn your living.

PISCES (Feb. 19-March 20): You've got your finger on the pulse; now push forward enthusiastically, and you'll receive what you expect. Added discipline will help you stick to programs geared toward a healthy, vibrant lifestyle. A personal encounter will require com-

mon sense. Proceed with caution. Birthday Baby: You are outgoing, generous and flexible. You are proactive and witty.

3: Avoid conflicts; work behind the scenes. 30: You can accomplish, but don't rely on others. 👀: Focus and you'll reach your goals. OOOO: Aim high; start new projects. **QQQQ:** Nothing can stop you; go for gold.

zontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

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By DAVID

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Conceptis Sudoku

By Dave Green

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's Answer

3	2	9	8	6	4	3	5	7
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Alpine, Anchorage, Anchor Point, Bears, Boat, Cabin, Camp, Captain Cook, Chugach, Cook Inlet, Creek, Deer, Fjords, Float, Forest, Glacier, Homer, Hope, Kachemak Bay, Kasilof, Kayak, Lake, Lodge, Maps, Marathon, Moose, Mountain, Nature, Ninilchik, Path, Puffins, River, Sail, Salmon, Seward, Ships, Stream, Tour, Trout, Valley, Whales, Wolverine Last Friday's Answer: Cerveceria

The NEW Volume 70 can be purchased online at

For answers to today's crossword, call. 1-900-226-5955! 99c per minute, touch Last Friday's Answer: Cerveceria 5/8 Difficulty: * tone/rotary phones. (18+ only.) A King Features service, NYC. www.WoncerWordBooks.com, or cal. 1-800-642-6480.

29 30

STUMPED?

Butler scores 28, Heat top Knicks 105-86 for 2-1 series lead



MIAMI (AP)—It was one of the worst shooting games of the season for the Miami Heat, by far: 39% from the field, 22% from 3-point range, barely 50% easy shots at the rim.

on usually easy shots at the rim.

Didn't matter.

Defense—still the Heat staple, even in these high-scoring NBA days—came through, and moved Miami two wins away from another trip to the Eastern Conference finals.

Jimmy Butler returned from his sprained right ankle to score 28 points, Max Strus added 19 and the Heat topped the New York Knicks 105-86 on Saturday to take a 2-1 lead in their East semifinal series.

"It's about figuring out how to compete at a really high level," Heat coach Erik Spoelstra said. "What's necessary for that game to be able to win."

For as poorly as the Heat shot, the Knicks were worse — 34% from the field, 20% from 3-point range, 46% from the restricted area around the rim.

And that was the story.

"You've got to win games different ways," Heat guard Kyle Lowry said. "In the playoffs, like I've said many a time and for many years now, every game is seriously different. And this is one of those games where we held them down. ... To win by half a point, one point, two points, 20 points, it's about winning the game however it happens."

Jalen Brunson scored 20 for New York, which got 15 from Josh Hart, 14 from RJ Barrett and 12 from Immanuel Quickley — who left midway through the fourth quarter after spraining an ankle that will be evaluated again Sunday. Julius Randle added 10 points and 14 rebounds for the Knicks.

Game 4 is Monday.

"We couldn't get stops early so we couldn't get any easy buckets," Knicks coach Tom Thibodeau said. "So, we paid the price."

Bam Adebayo had 17 points and 12 rebounds for Miami and Lowry added 14 points as the Heat never trailed. Duncan Robinson opened the second quarter with a 3-pointer, giving Miami an 11-point lead — and the lead remained double digits the rest of the way.

"Hopefully we can get back on the right track and find a way to make some shots next game and come out with a win," Randle said.

There was even a Heat-Knicks dustup under a basket, just like the good ol' days of the teams' playoff rivalry — though this one was nothing like P.J. Brown flipping Charlie Ward in 1997 to start a bench-clearing mess that led to suspensions, or Jeff Van Gundy tugging on Alonzo Mourning's leg in 1998.

This one, such as it was, happened with 14.7 seconds left in the third, after a basket by Quickley got the Knicks within 87-70.

Randle and Cody Zeller got tangled as they fought for rebounding position. Randle ended up getting shoved to the floor, Isaiah Hartenstein took offense and shoved Zeller, Caleb Martin took offense



Miami Heat guard Gabe Vincent (2) drives up against New York Knicks guard Jalen Brunson (11) during the first half of Game 3 of an NBA basketball second-round playoff series, Saturday, May 6, 2023, in Miami.

and shoved Hartenstein, and it took about five minutes to sort out a mess that lasted for about five seconds.

The final tally: offsetting technicals on Zeller and Hartenstein, plus a technical on Martin. Randle missed the free throw. And right after it happened, Butler was dancing a bit, enjoying the aftermath of the show.

"Much ado about nothing," Spoelstra said.

Butler missed Game 2 with his ankle sprain and

limped at times in the second half Saturday, but was effective throughout. He had 10 points in the opening quarter as Miami set the tone on both ends; the Heat made 10 of their first 15 shots, the Knicks missed 13 of their first 17, and it took until midway through the second quarter for New York to make a shot from anywhere other than the paint.

"We always said we can win games when we defend and not make shots," Butler said. "And this is one of those games."

LAKERS 127, WARRIORS 97

LOS ANGELES (AP)—Anthony Davis had 25 points and 13 rebounds, a slow-starting LeBron James finished with 21 points, eight assists and eight rebounds, and the Los Angeles Lakers took a 2-1 lead in their second-round playoff series with a 127-97 victory over the Golden State Warriors in Game 3 on Saturday night.

D'Angelo Russell hit five 3-pointers while scoring 21 points for the seventh-seeded Lakers, who remained unbeaten at home in the postseason with a strong defensive effort against the reigning NBA champions.

James didn't take a shot in the first quarter for the first time in his NBA-record 275 playoff appearances, but he warmed up in time to lead several runs in the second and third quarters while Los Angeles pulled away.

Stephen Curry scored 23 points and Andrew Wiggins had 16 in a collective stinker for the Warriors, who committed 19 turnovers and never mounted a response to the Lakers on either end in the second half. Golden State went 13 for 44 on 3-pointers — making just 10 while the game was still competitive — after hitting 21 in each of the series' first two games in San Francisco.

Game 4 is Monday night in Los Angeles.

Davis had an impressive bounce-back game under both baskets after contributing minimally in Game 2, blocking four shots and leading the Lakers' latest strong defensive effort. Los Angeles has built its 16-5 run since March 17 on defense, and the Warriors couldn't hit enough shots from the perimeter to counteract their disadvantages in size and athleticism.

Klay Thompson had 15 points and seven rebounds for the Warriors, but the rest of the roster beyond their top three scorers struggled mightily, combining for just 18 points before coach Steve Kerr pulled his starters with 9:11 to play. Draymond Green had two points in 23 minutes while playing with foul trouble.

The Warriors were held under 100 points for only the fifth time in 92 games this season.

The rivals split two games in San Francisco to open the series, with the Warriors earning a 27-point blowout victory in Game 2 after dropping the opener.

But this much-anticipated playoff rematch between generational superstars James and Curry has featured more garbage time than memorable thrills in the past two games. After Lakers coach Darvin Ham sat down his stars before the fourth quarter of Game 2, Kerr pulled the plug while facing a 26-point deficit early in the fourth quarter of Game 3.

James began Game 3 making a clear effort to be a playmaker, but he didn't even take his first shot until 8:02 remained in the first half. He hit a free throw for his first point with 6:32 left, and he subsequently led a rally that pushed the Lakers in front to stay.

JaMychal Green stayed in the Warriors' starting lineup even with Kevon Looney available to play in Game 3. Looney missed Game 2 with an illness.

Bucks fire Budenholzer as coach after early playoff exit

MILWAUKEE (AP)—The Milwaukee Bucks have fired coach Mike Budenholzer just over a week after their stunning first-round playoff loss to the Miami Heat spoiled a season in which they owned the NBA's best record.

Budenholzer's ouster comes just two years after he directed the Bucks to their first NBA title in half a century. The move also comes three weeks after the NBA finalized Cleveland Browns owner Jimmy Haslam's purchase of a 25% stake in the team.

"The decision to make this change was very difficult," Bucks general manager Jon Horst said Thursday in a statement announcing the move. "Bud helped lead our team for five incredible seasons, to the Bucks' first title in 50 years, and into an era of sustained success. We are grateful for the culture of winning and leadership that Bud helped create in Milwaukee.

"This is an opportunity for us to refocus and re-energize our efforts as we continue building toward our next championship season."

The Bucks posted the most combined regular-season and playoff wins of any team during Budenholzer's tenure and had the league's best regular-season record in three of his five seasons on the job. He posted a 271-120 regular-season record and 39-26 playoff mark in Milwaukee.

With a roster featuring two-time MVP Giannis Antetokounmpo, Budenholzer's Bucks soared to heights the franchise hadn't reached since Kareem Abdul-Jabbar was wearing a Milwaukee uniform in the early 1970s.

But with the notable exception of that 2021 championship season, the Bucks couldn't match their regular-season success in the postseason.

The Bucks didn't reach the NBA Finals during any of the three seasons in which they had the league's No. 1 playoff seed. They had a 2-0 lead over Toronto in the 2019 Eastern Conference finals before losing four straight. They lost 4-1 in the second round to the Miami Heat in the 2020 East semifi-

nals at the Walt Disney World playoff bubble.

This year's playoff exit was particularly devastating.

The Bucks suffered fourthquarter collapses in each of their last two games and lost 4-1 to the eighth-seeded Heat. They were just the sixth No. 1 seed to lose to a No. 8 seed in the opening round, and the only No. 1 seed that failed to win more than one playoff game.

"There's a ton of disappointment when your season ends, no matter how it happens," Budenholzer said afterward. "It's a hard feeling. It's a disappointing feeling."

Milwaukee owned a 12-point lead at Miami in Game 4 before getting outscored 30-13 over the last six minutes of a 119-114 loss in which the Heat's Jimmy Butler scored 56 points. They were up 16 at home to start the fourth quarter of Game 5, but lost 128-126 in overtime after Butler made a tying basket with half a second left in regulation.

Budenholzer, 53, acknowledged the Bucks should have called a timeout after Butler's tying basket, giving them a

chance to make a buzzer beater that could have prevented overtime. The Bucks also declined to call a timeout when they got the ball back while trailing by two points in the closing seconds of overtime, and they weren't able to attempt a shot before the game ended.

Antetokounmpo said after the game the Bucks didn't make enough adjustments in how they defended Butler, who averaged 37.6 points in the series.

Antetokounmpo, who was playing with a bruised lower back, said he would have liked more opportunities to guard Butler.

The removal of Budenholzer comes as the Bucks enter a critical offseason. Brook Lopez, a finalist for the NBA defensive player of the year award this season, is a free agent. Three-time All-Star Khris Middleton could become a free agent as well if he doesn't pick up his \$40.4 million player option for 2023-24.

Budenholzer's exit means that three of the last four NBA champions have since fired their coaches.

Cardinals losing streak reaches 8, longest in 16 years



ST. LOUIS (AP)—The St. Louis

extended a losing steak to eight for the first time in 16 years, losing to the Detroit Tigers 6-5 on Saturday in Adam Wainwright's return from the injured list as Akil Baddoo hit a go-ahead double in the 10th inning.

"I really wanted to end that," Wainwright said. "It's not all on my shoulders, I know, but when a starter goes out and puts up zeros then a team can really rally behind that, We had a lead twice to do it and let them get back into it both times."

St. Louis is on its longest skid since nine straight losses from Sept. 7-15, 2007. At a National League-worst 10-24, the Cardinals are 14 games under .500 for the first time since ending the 1997 season at 73-89.

"I've been through stretches like this before, and they're tough," said Cardinals third baseman Nolan Arenado, who hit a two-run homer. "I think you just continue to go, and, hopefully, it turns. I don't know when it's going to turn, but you've just got to keep going and keep pushing. It's hard to do, but that's the only way."

A squirrel got one of the day's biggest ovations when he scampered across the infield in the bottom off the seventh.

Baddoo doubled off Giovanny Gallegos (1-2) to drive in automatic runner Jonathan Schoop.

Wainwright, starting his 19th and what he said will be his final major league season, allowed four runs and eight hits over five-plus innings struck out five and walked none. His 31 fastballs averaged 87.6 mph.

Wainwright had started the season on the injured list after hurting a groin.

"I felt great out there," Wainwright said. "I felt in control of things and commanding the ball and commanding counts. I really can't understand what happened in that fifth inning. I feel like I pitched a scoreless game and I gave up four runs. I really don't know why."

The 41-year-old right-hander pitched two-hit ball for four innings and was staked to a threerun lead, then allowed Detroit to tie the score 3-3 in the fifth on RBI singles by Eric Haase and Riley Greene around Zack McKinstry's sacrifice fly.

Wainwright left with a 5-4 lead after Nick Maton doubled and scored on Spencer Torkelson's single in the sixth. Torkelson tied the score with a RBI single in the seventh off Genesis Cabrera.

"He's an unbelievable pitcher," Torkelson said of Wainwright. "His velocity wasn't really there, so he's nibbling and getting the corner. I think we did a really good job of kind of



St. Louis Cardinals' Nolan Arenado celebrates with teammates in the dugout after hitting a two-run home run in the fifth inning of a baseball game against the Detroit Tigers, Saturday, May 6, 2023, in St. Louis

waiting it out and then getting as the NL West-leading Dodgour mistakes later."

The second-oldest active pitcher in the major leagues, Wainwright missed the first 33 games while recovering from an injury sustained when working out with the U.S. during the World Baseball Classic.

RED SOX 7, PHILLIES 4

PHILADELPHIA (AP)— Bryce Harper homered for the first time since Tommy John surgery on Nov. 23, a fifthinning drive off Corey Kluber (2-4), but Philadelphia lost its sixth straight and dropped to 15-19. Harper is 6 for 16 since his return.

Rafael Devers had three hits and two RBIs to lead the Red Sox to their eighth consecutive victory, their longest winning streak since July 2021.

Boston broke the game open with five runs and six hits in the fourth inning against Bailey Falter (0-6).

YANKEES 3, RAYS 2

ST. PETERSBURG, Fla. (AP)—Harrison Bader flared a two-run single off Kevin Kellv (3-1) in a three-run eighth after DJ LeMahieu hit an RBI double.

Tampa Bay had been 22-0 when scoring first, matching the 1884 St. Louis Maroons of the Union Association for the longest winning streak opening a season when scoring first, according to the Elias Sports Bureau. The Rays are 18-3 at Tropicana Field.

Ron Marninaccio (1-1) went 1 1/3 scoreless innings and Ian Hamilton worked around Luke Raley's two-out double in the ninth for his first major league save.

DODGERS 2, PADRES 1

SAN DIEGO (AP)—Chris Taylor hit a two-run home run and Dustin May kept San Diego in check for six scoreless innings ers held off the Padres for their seventh win in eight games.

The Dodgers rebounded from a 5-2 loss Friday night in the teams' first meeting since the Padres eliminated the Dodgers in four games in the NL Division Series.

Padres leftv Blake Snell (1-5) had retired the first 11 batters before walking Will Smith and then allowing Taylor's homer to the balcony on the second level of the brick warehouse in the left field corner. It was Taylor's sixth and the Dodgers' 55th, trailing Atlanta by one for the NL lead.

May (4-1) held the Padres to just three singles — two by Fernando Tatis Jr. — while striking out six and walking one.

ROCKIES 5, METS 2

NEW YORK (AP)—Rookie Ezequiel Tovar had three hits, including a two-run homer, and Austin Gomber (3-4) won his third straight outing, allowing two runs and five hits over six innings.

Pierce Johnson struck out two in a one-hit ninth for his fifth save.

Elias Díaz had a pair of two-out RBI singles, boosting his batting average to .452 (14 for 31) with runners in scoring position, and the last-place Rockies won for the fifth time in six games.

Tylor Megill (3-2) walked three in 4 2/3 innings. With a major league-record \$355 million payroll, New York (17-17) has lost 10 of 13 since winning eight of nine.

CUBS 4, MARLINS 2

CHICAGO (AP)-Nick Madrigal hit a two-run single in the eighth off A.J. Puk (3-1) and pinch-hitter Miguel Amaya followed with an RBI single for his first big league hit.

Keegan Thompson (2-2)

pitched three innings for the win and Adbert Alzolay worked the ninth for his first save since 2021.

DIAMONDBACKS 8, NATIONALS 7

PHOENIX (AP)—Lourdes Gurriel Jr. had four hits, including a tying homer in the ninth, and pinch-hitter Pavin Smith walked with the bases loaded to force in the winning run as the Diamondbacks beat the Nationals.

Gurriel hit his third homer of the season on the first pitch from Kyle Finnegan (1-2). The play was challenged by Washington because left fielder Stone Garrett leaped to catch the ball and hit a fan in the process, but the call stood.

Christian Walker singled and Corbin Carroll walked, and Dominic Fletcher sacrificed. After Geraldo Perdomo was intentionally walked, Smith took a 3-1 pitch out of the zone to end the game.

Miguel Castro (1-0) got one out for the victory.

GUARDIANS 4, TWINS 3

CLEVELAND (AP)—Steven Kwan connected against Jorge Alcala (0-1) for his first home run since last season to break a 3-3, a seventh-inning tie.

Max Kepler hit a two-run homer and Carlos Correa added a solo shot for the AL Centralleading, who have homered in a team record 18 straight games.

Reliever Trevor Stephan (2-1) allowed Correa's tving homer in the seventh, and Emmanuel Clase pitched a 1-2-3 ninth for his 11th save.

BLUE JAYS 8, PIRATES 2

PITTSBURGH (AP)-Brandon Belt hit a two-run double in a four-run first against Johan Oviedo (2-3). and Toronto extended Pittsburgh's losing streak to a season-high six

games after a 20-8 start.

José Berríos (3-3) gave up two runs and five hits over 6 1/3 innings with seven strikeouts and one walk as Toronto won its second straight after a five-game skid.

REDS 5, WHITE SOX 3

CINCINNATI (AP)—TJ Friedl hit a three-run homer off Mike Clevinger (2-3) in the fifth and added an RBI triple in the seventh.

Jonathan India India went 3 for 3 and scored three times.

Derek Law (2-4) pitched 2 1/3 scoreless innings, and Alexis Díaz got three outs for his sixth save.

GIANTS 4, BREWERS 1

SAN FRANCISCO (AP)— Willie Mays was on hand as his 92nd birthday was celebrated, and Alex Cobb (2-1) allowed five hits in seven scoreless innings, stretching Milwaukee's losing streak to six.

Thairo Estrada homered off Colin Rea (0-3) and rookie infielder Brett Wisely also connected for his first big league home run.

San Francisco has won four in a row. Camilo Doval got two outs for his seventh save.

BRAVES 5, ORIOLES 4

ATLANTA (AP)—Kevin Pillar hit a pinch-hit two-run home run off Danny Coulombe (1-1) in the eighth, dropping Baltimore to its fifth loss in 21 games.

A.J. Minter (1-3) pitched a perfect eighth and closer Raisel Iglesias got the save in his first appearance of the season after recovering from a strained right shoulder.

Spencer Strider struck out 10 in five innings, giving up two runs. The Braves are 7-0 in his starts.

ATHLETICS 5, ROYALS 4

KANSAS CITY, Mo. (AP)-

Oakland won consecutive games for the first time this season as Ryan Noda had a triple and double, reaching base four times in a game between teams tied for the worst record in the major leagues at 8-26.

Ken Waldichuk (1-2) allowed four runs, six hits and six walks in five innings with six strikeouts. Zach Jackson retired Bobby Witt Jr. on a game-ending groundout with two on for his first save this season.

Brady Singer (2-4) gave up five runs and six hits in four innings.

MARINERS 7, ASTROS 5

SEATTLE (AP)-J.P. Crawford's two-out, three-run double pulled Seattle even, Jose Caballero followed two batters later with a two-run double, and the Mariners scored seven times in the eighth inning.

Stymied for the first seven innings by Houston starter J.P. France and two relievers, the Mariners erupted against Astros relievers Rafael Montero and Ryne Stanek, with all the damage coming with two outs.

Seattle's rally started when Eugenio Suárez walked on a 3-2 pitch with two outs off Rafael Montero (0-1). Cal Raleigh reached on a checkswing dribbler that barely got past the mound and Teoscar Hernández's grounder deep in the hole at shortstop loaded the bases. Crawford lined a 3-1 fastball to the wall in rightcenter field clearing the bases. Ryne Stanek walked pinchhitter Taylor Trammell before Caballero lined a shot into the left-center field gap. Julio Rodríguez and Jarred Kelenic also added RBI singles.

Taylor Saucedo (1-0) pitched the eighth inning for the Mariners and got the unexpected victory. Houston's Jake Meyers had a two-run double off Paul Sewald in the ninth but Mauricio Dubón struck out to end it.

RANGERS 10, ANGELS 1

LOS ANGELES (AP)—Nathan Eovaldi threw eight scoreless innings and Texas beat Los Angeles.

Eovaldi (4-2) followed up a complete game shutout against the New York Yankees last Saturday by taking his scoreless streak to 20 innings. He allowed five hits and two walks, helping the Rangers snap a four-game road losing streak.

Jonah Heim had three RBIs, and Robbie Grossman got a hit for the 14th straight game.

Reid Detmers (0-3) allowed three runs on seven hits and two walks in four innings, and the Angels had their five-game winning streak broken. Brandon Drury hit a solo homer in the ninth to keep Los Angeles from being shut out for the first time this season.

Lady Dolphins are top seed in girls soccer



The Lady D o 1 phins

are the No. 1 seeds in the girls high school 2023 NMIFA-PSS Interscholastic Soccer League as they won three games in a row at the NMI Soccer Training Center in Koblerville.

They recently won against Saipan Southern High School, 2-1 last Thursday. They also defeated Saipan International School last April 27, 5-3 and beat SSHS for the first time last April 25, 5-2.

The Lady Dolphins headed into the matchup last Thursday with a sense of urgency as they tried to secure the top seed in the league heading into the championship round.

But the Lady Manta Rays struck first with a well-placed



In this file photo, Marianas High School's Jannah Casarino, right, goes up against a Saipan Southern High School defender during their game in the girls high school 2023 NMIFA-PSS Interscholastic Soccer League at the NMI Soccer Training Center in Koblerville.

shot that found the back of equalized the game in the Hix scored the winning goal the net in the 11th minute. The Lady Dolphins, with their relentless attacks finally paid off when Vaniqa Torres

20th minute.

The game remained deadlocked until the second half when MHS' Tamia Kileleman

in the 35th minute.

The Lady Dolphins consist of Allyssya Angeles, Erish Carreon, Jannah Casarino, Pyper Clark, Chris Hmaro, Alana Haves, Tamia and Tvana Kileleman-Hix, Vianca Mangulabanan, Rizza Relucio, Jacqulene, Vanica, and Tiana Torres.

In the game last Tuesday between SSHS and SIS, the Lady Mantas outscored the Lady Geckos, 3-2.

The Lady Mantas' Summer Manahane was the team's top scorer as she scored two back to back goals in the early goings of the first half.

SSHS' Christina Atalig scored their third goal in the 13 minute even before the Lady Geckos found the back of the net for their first goal.

Finally, SIS' Serin Chung notched one goal in the 21st minute for a 3-1 game. They tried to catch up and put more goals on the board but they were reduced to just one more in the 45th minute and fell one goal shy to tie it up as time ran out.

MHS has three wins and one loss; SIS has two wins and two losses; and SSHS has one win and three losses.

The semifinals are set for tomorrow at 4:30pm between SIS and SSHS. The winner of that game will face MHS on Thursday, May 11 at 4:30pm.

TORCHBEARERS

From Page 20

girls team won first place with a whopping 121 points; Saipan International School Lady Geckos came in second with 74 points; and third was Saipan Southern High School Lady Manta Rays with 69 points.

In the championship events on Saturday, ACS dominated the 18U boys 3,000m race as Jireh Wang came in first at 10:35.68; second was teammate Samuel Zhu in at

10:52.32; third was MHS' Pony Tang who clocked in at 11:08.24.

The Lady Torchbearers controlled the 3,000m as well, as Eunice Xu was first with 12:41.07; Tiana Cabrera from SIS was second at 12:26.30; and Emma Pang was third at 14:08.15.

In the boys 1,500m race Jirch Wang at 4:48.76 and Samuel Zhu at 4:50.49 grabbed first and third, while Pony Tang came in second at 4:55.54.

In Saturday's boys 800m race, the Torchbearers' Caleb Cui at 2:15.93 and Jireh Wang

at 2:16.16 came in second and third. First went to MHS' Cody Shimizu at 2:14.02.

During the relay races on Saturday, the ACS boys grabbed first place in the 4X400m with a team time of 3:54.52: second was MHS with 4:08.55: and third was THS at 4:09.99.

The boys also topped the 4X100m relay with a time of 48.70; MHS grabbed the second spot at 50.69; and SIS won third with 51.01 seconds.

The Lady Torchbearers, for their part, were second in the 4X400m relay, behind SIS'

4:53.62 with a time of 4:54.54. SSHS was third with 5:30.71.

In the 18U girls 800m also on Saturday, SIS' Kaithlyn Chavez came in first at 2:32.70; ACS' Eunice Xu claimed second at 2:41.65; and Summer Manahane from SSHS was third at 2:55.95.

In the 18U girls 1,500m, Kaithlyn Chavez bagged first with a time of 5:34 as she defeated Eunice Xu who was leading. Xu finished second at 5:40.61 and third was SIS' Tiana Cabrera at 5:57.53.

Top 3 in the 18U boys 100m were Theodore Rodgers from

Grace Christian Academy at 11.63; ACS' Bill Li at 11.82; and Charlie McDonald from SIS at 11.98 seconds. Rodgers also topped the 18U boys 200m at 24.05; Cody Shimizu from MHS was second at 24.22; and Bill Li came in third at 24.37.

Top 3 in the 18U girls 200m were SSHS' Casey Cruz at 27.57; Edwardina Flamar from Kagman High School at 30.47; and ACS' Priscilla Cheng at 31.46 seconds.

The boys 400m was topped by Cody Shimizu at 56.15; Theodore Rodgers was second at 56.94; and ACS' Caleb Cui at 57.18

The 18U girls 400m first place went to Kaithlyn Chavez at 1:07.83; second was Casey Cruz at 1:11.10; and third was ACS' Mary Zhu at 1:11.89

In the 18U girls discus, Kina Rangamar from MHS at 23.54m took first place; ACS' Ruth Zhang was second at 21.01m; and Jasmine John from SSHS was third at 18.76m. Top 3 in the 18U girls shot put were Jasmine John and Ruth Zhang tied at 7.31m,

and Abbygaile Ong from THS at 7.05m.

ACS pastor Kok H. Pang said that the sweep of both divisions was great. "[The] hard work paid off. We always tell our students you reap what you sow. So no shortcuts—no cheating, just hard work consistently." He said, "It's about teamwork. Of course being an individual is important, but at the same time, when you come together as a team, you will achieve a lot."

Coach and teacher Chris Zemple also said he was happy with the results. "The runners, they train year round, but we started training [for the field events] since March."

Pang then thanked "God, our lord Jesus Christ, and second the organizer, the [Public School System] Athletics Program, NMA and Run Saipan, and all those involved-especially the volunteers who worked hard for this."

Results of the 14U middle school winners will be posted in the next issues of Saipan Tribune.

TAFLINGER

From Page 20

sun again. It was really hard and tough.'

She added that she joined the race last year which had more participants and hopes that next year there will be more participants that will come out and join.

There was also an adult and children's costume contest for the best Star Wars costumes at the end of the race.

The Top 3 costumes were Simon Necesito dressed as Obi Wan Kenobi, Theodore Rodgers dressed up as a Mandalorian, and Bang in Darth Vader garb.

In the children's costume contest, winners portrayed Princess Leia (Catalina Frink), Darth Vader, and Yoda, (Jace and Brayden Brennfleck).

As for the Jedi Master and organizer of the event, SIS' headmaster Dr. Ron Snyder said that "The turnout was a struggle this year. There

were too many conflicting events and it was a semifinals weekend for soccer so that drew a lot of our participants away. We had over 60 registrants for the adult races and that is about typical and what we would hope for. But we only had a handful in the Padawan 1 milers where there were more than 100 last year."

"Next year we will have a morning event to try and support the children better. It really is for them first

and foremost, after all. Despite the small numbers, the costumes were great! Theo Rodgers' Mandalorian armor was amazing! I would like to thank Athlete's Foot for the sponsoring of the gift certificates for the Adult Costume contests, PSS Athletics for loaning us the water dispensers, OneTime sports for the timing system, and, of course Run Saipan, and all of our volunteers who made the course easy and fun to follow."



MICRONESIAN

From Page 20

Marshall Islands, we enthusiastically endorse these new dates and commit our ongoing support to the agreements we have made.

We look forward to welcoming our Micronesian Family and Friends in the summer of 2024!" quoting the letter from the Republic of the Marshall Islands Minister of Education, Sports & Training Wilbur Heine in a letter dated to the President of the Micronesian Games Council Aurelio

P. Joab on May 5, 2023.

MGC executives will work directly with the host organizing committee on the facilitation and preparation of the Games headed by RMI Senator and Marshall Islands MGA President Anthony Muller.

The Micronesian Games Council would like to express its sincere appreciation to the President of the Republic of the Marshall Islands, his Cabinet, all the Micronesian Games Associations, stakeholders, and most especially to athletes for their patience as we look forward to everyone's participation in 2024. (PR)



20 MONDAY, MAY 8, 2023

Butler scores 28, Heat top Knicks 105-86 for 2-1 series lead.

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Lady Dolphins are top seed in girls soccer.

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SAIPAN TRIBUNE



Taflinger, Bang top 'Revenge of the Sixth' run

By LEIGH GASES

The Force was strong with Chad Taflinger and Ann Bang as they were the top runners of the Saipan International School and Run Saipan's 3rd Annual Star Wars Day Run in a course not so far away from Micro Beach up to the Gov. Eloy Inos Peace Park and back last Saturday afternoon.

This year's run had an added twist as instead of commemorating the May The Fourth Be With You unofficial holiday for Star Wars fans, it paid III-Revenge of the Sith. Thus, the race was aptly named Revenge of the Sixth as it also happened on May 6.

Over 60 costumed non-costumed participants joined in the Jedi 5K run, a Sith 6K, at 4:30pm and the Padawan 1 Miler for children 12 and under which started at 5pm.

Taflinger, who opted not to wear a costume but came out to support the race, won first in the 6K with a time of 26:55, while Bang—in a woman's

Darth Vader costume, avenged the sith with a first place time of 30:51.

Second in the men's division was Chad's son Landen

with a time of 29:15 and third was barefoot runner Chong Nam Lee at 29:39.

Terra Allen was second in the women's division with a time of 31:35 and Shawna Brennfleck was third with a time of 32:33.

For the Taflingers, who were both not in costume, they said that this was their first Star Wars Day run and

enjoyed it. "It's fun and it's a different course than we usually run—a little bit of grass and uphill then downhill—but the different scenery made it enjoyable. Dr. Ron [Snyder] and SIS did a good job putting it on."

Bang, a big Star Wars fan, channeled her inner infamous sith lord as she, despite the heat of the late afternoon sun, took first place all to herself. "While I was running, I felt dizzy and I kept thinking I'm not going to run under the

See TAFLINGER on Page 19



Torchbearers sweep HS athletics champs



Agape Christian School boys team, center, is first place, Saipan International School is second, and Saipan Southern High School is third in the 18U PSS/McDonald's All Schools Athletics 2022-2023 championships last Friday night and Saturday morning at the Oleai Sports Complex track and field.

By LEIGH GASES

he ever-blazing Torchbearers swept both boys and girls divisions of the 18U PSS/McDonald's All Schools Athletics 2022-2023 championships last Friday night and Saturday morning at the Oleai Sports Complex track and field.





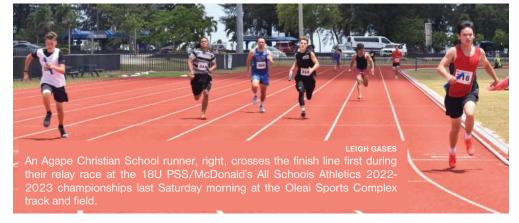
The boys of Agape had the most points garnered over the qualifiers and the cham-

pionships with 114 points; Marianas High School was second with 84 points; and Tinian High School came in a close third place with 83 points.

In the girls division, the

See TORCHBEARERS on Page 19

LEIGH GASES Agape Christian School's Eunice Xu, right, hands off the baton to her teammate, Mary Zhu, during their relay race in the 18U PSS/McDonald's All Schools Athletics 2022-2023 championships last Saturday morning at the Oleai Sports Complex track and field.



Micronesian Games now set for June 2024



MAITE, Guam—The Micronesian Games Council hosted a

special virtual meeting last Tuesday, May 2, to discuss the recent decision on the postponement of the Majuro Micronesian Games. Updates were provided by the host country's organizing committee on the venues and facilities, and concerns were addressed. After deliberation and discussion on a time frame, the Council unanimously consented on June 15-24, 2024 as the new dates for the Majuro Micronesian Games.

"The Micronesian Games is an event like no other. Its organization and participation by the 10 countries, states,

and territories of Micronesia reflects the true spirit of our culture and identity and acknowledges the opportunities that sport brings to the youth of our countries. On behalf of the H.E. President David Kabua, members of his Cabinet, and the people and Government of the Republic of the

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